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PSYCHOLOGY for HEALTH
HAPPINESS and SUCCESS



How to use Auto-Suggestion
to Keep Healthy in Winter

By Herbert A. Parkyn, M. D., C. M., *Editor*



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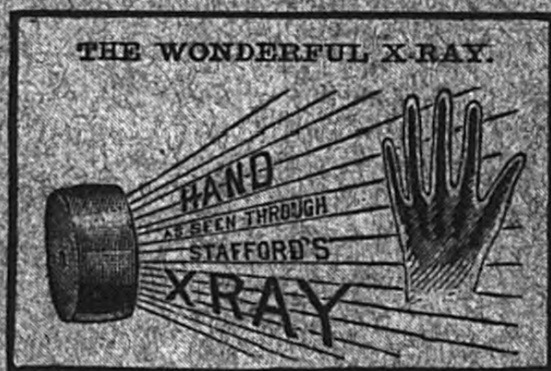
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Auto-Suggestion and Health in Winter.

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Written for SUGGESTION.

IF it were not for the great increase in sickness during the winter months, thousands of physicians now practicing in the United States would be forced to seek ways of making a living other than prescribing or dispensing medicines for the suffering sick. A large percentage of the medical profession are comparatively idle during the summer months; but by collecting his fees from patients who have run up accounts with him during the winter months, the physician is able to tide over the slack season.

Now, the cause for this phenomenon is not difficult to find, for it can be traced very directly, first, to the great difference between the methods of partaking of the life essentials in winter and in summer; and second, to the depressed mental attitude so many people allow themselves to fall into at the approach of winter, and their fearful anticipation of the dangers they think it necessarily brings.

The fact is, that health is quite as easily maintained, generally speaking, in winter as in any other season, if one only observes the necessary conditions for doing so.

As already implied, these conditions—and they are all very simple—are both physical—that is to say, material,—and mental. I shall speak first of the material conditions, or agencies, then of the right mental attitude and how it may be strengthened by auto-suggestion.

Many will say that the clothing worn is an essential consideration, but I do not intend to enter here into a discussion of the clothing question. It has been discussed over and over again by persons looked upon as eminent authorities—no two of whom can agree. Still the fact remains that

there are healthy people who wear flannel underclothing and healthy people who wear cotton underclothing; healthy people who wear heavy clothing and healthy people who wear light clothing; and one man I know wears neither underclothing nor an overcoat during the winter. Still I have met this man on the street in a northern state when the thermometer was registering 32° below zero, and he boasts that he has never been sick for a day in his life.

I know men who wear heavy clothing in the winter who are always sick; men who wear light clothing who are sick. In fact, you will find sick men in flannel underclothing, sick men in cotton underclothing, and sick men who wear no underclothing at all. Consequently, it stands to reason that health can not depend greatly on the clothing worn, and no set of rules can apply to all. If a man has good health when winter sets in and looks after the life essentials properly, he can accustom himself to wear any kind of clothing, whether it be red, white, blue or black, light or heavy, cotton or flannel, and maintain his health during the winter months.

BATHING.

How to bathe during the winter is another subject on which there is an endless variety of opinions, but there are healthy men who bathe every morning in cold water, healthy men who bathe daily in warm or tepid water, healthy men who bathe in cold or hot water once or twice a week or perhaps only once or twice a month; and there are healthy men who never bathe during the whole winter. Again we will find sick men who bathe daily, or weekly, or monthly, and sick men who never bathe during the winter. So that health can not depend entirely upon the style of bath one takes nor upon how often the bath is taken. Bathing in the winter, like the clothes one wears, can be regulated by the healthy man—to suit his inclinations, his convenience and his views on bathing for health or cleanliness—without impairing his health, if he partakes properly of the life essentials day in and day out. Personally, I favor frequent bathing; not that I believe it has the great influence over health that many would have us believe, but on account of a belief in cleanliness and a desire for it, for pure cleanliness' sake. This desire, however, is probably the result of early training; for many a man who has not received that training may have just as good health as I claim to have, and never bathe once during the winter. Again, it is largely a matter of what one becomes accustomed to.

On the Motzorongo plantation in Mexico one "gang" of peons was ordered to chop down the trees along the Motzorongo river, but they would not agree to carry out the work if it was necessary for them to so much as put their feet in the water. I was surprised at this, for a few days before I had seen another gang of peons sawing a felled tree into sections while standing in water up to their waists. In fact, I secured a photograph

of the group which showed that the cross-cut saws with which they were working were actually submerged. On making inquiry, I found that these two gangs of workmen belonged to two different tribes of Indians. One gang came from a section of the country where there was an abundance of water, and all were expert swimmers and enjoyed the daily bath. The other gang came from a section of the country where water is very scarce and seldom used except for drinking purposes, their women having to walk long distances to do the family washing. These Indians I discovered never voluntarily wash their bodies the whole year round and the only bath they ever get is from the soaking they receive occasionally while working in the rain. And yet every man in both these gangs appears to have excellent health and all certainly look strong and robust. But they all get plenty of fresh air, drink freely of water and eat plenty of their native foods and fruits. In other words, they all partake freely of the life essentials.

It is possible to have health in winter, in any kind of clothing, with any kind of bathing or in any style of house, whether well heated or very cold; for healthy persons are found living under all these extremes and conditions. But let a person living under any of these conditions neglect the life essentials for awhile, and a decline in his health will follow at once; and if the neglect be continued he is open to the inroads of any disease with which he may come into contact.

NEGLECTED LIFE ESSENTIALS.

The two life essentials generally neglected in the winter season are air and water. During the summer season the average man spends more hours in the open air. He may be shut up in a poorly ventilated office during business hours, but he walks to business or rides on an open street car in the morning. His lunch hour is generally spent in the open air. He walks or rides home at 6 p. m., and his evenings till 10 p. m. are generally spent out of doors. Even his office is better ventilated in the summer, for all windows are thrown open. There are half holidays and whole holidays and Sundays, all of which are spent in the open air in the summer; while children live almost entirely in the open air during the warm weather.

But during the winter months a man usually rides in closed, crowded street cars, in which the air is very poor, and he generally spends his whole day in a close, stuffy atmosphere in an office in which the windows are seldom opened. He hurries home in a crowded car to spend his evening indoors. The children also seldom get as much fresh air in winter as in summer.)

This failure to get sufficient fresh air during the winter is in itself an important factor in the development and spreading of disease. Then again the average person drinks less water during the winter. In summer a healthy man perspires freely and exercises more. There are soda-water

fountains on every corner in our cities. Everything tends to produce and suggest thirst during the summer months, and men, women and children drink more freely then than in winter.

Consequently, in summer as a rule people breathe plenty of fresh air and drink plenty of liquids, and when a person breathes properly and drinks properly his elimination is good, all the secretions of his body are plentifully supplied, and he will digest and assimilate his food properly unless he eats an abnormal quantity. Even persons who habitually eat too much feel better during the warm weather, as the fresh air and water they get enable them to digest, assimilate and eliminate better.

Of course there are many who become sick during the summer months from drinking too much cold liquid; for drinking, like anything else, can be overdone whether the liquids drank be hot or cold. But, as I have already said, the average amount of sickness during the winter months is greatly in excess of the average amount of sickness in summer, and the difference is directly attributable to the causes I have pointed out.

Mark the great increase in sickness during the holiday season. It is three months since the really warm weather, and unconsciously the amount of water drank daily in summer has been reduced. In consequence, the secretions of the body have grown markedly less; and digestion, assimilation and elimination are not so good. Then comes Christmas, the holiday week and New Year's, with all the good things on the table—everything gotten up to tempt the palate. And how we tuck in and eat as if we never tasted food before—men, women and children, particularly the children (and especially the grown-ups). At that time the stomach is overloaded day after day, the diminished quantity of gastric juice is unable to perform such heroic work, the other digestive organs are as badly off, and in short, the organs of digestion and assimilation balk in their work; but not before the whole circulation is overloaded with the excess of waste products that the overworked organs of elimination have failed to carry away. The result is inevitable; the percentage of sick persons and the percentage of deaths go up with leaps and bounds, and our physicians "get busy."

WHY LIQUIDS ARE NEEDED.

In order to have good health during the winter it is necessary to breathe as much fresh air and drink as much liquid daily as during the summer months. Of course many drink too much during the summer, but the average quantity required by the average adult is two quarts—about eight to ten glassfuls every twenty-four hours—and children should drink in proportion to their size and age; a simple rule for children is to drink one glassful of liquid for every ten pounds they weigh until they tip the scales at seventy pounds; and half a glass for every fifteen pounds in excess of this weight.

It is difficult to make the average man believe he requires as much

water in winter as in summer, for he will tell you that since he perspires freely in summer he has to drink more to make up for the liquids lost through the skin, while in winter his skin is comparatively inactive. He forgets that in warm weather his skin is doing nearly all the work of elimination that his kidneys have to do in the winter.

I shall say little about the food to be taken during the winter. Bread, butter, beefsteak, potatoes, eggs and milk contain all the food essentials required to make strength and sustain health. To these can be added other meats, vegetables, fruits, cereals, etc.; but everything should be properly prepared, taken in moderation and thoroughly masticated.

To people who would keep their health in winter I would say, bathe yourselves and clothe yourselves as suits best your convenience and comfort, keeping an eye to cleanliness for the sake of cleanliness. Eat moderately three times a day of good, wholesome, well cooked foods. Breathe plenty of fresh air and drink two quarts of liquids per day. The two quarts, by the way, may be made up of tea, coffee, milk or water. Avoid drinking too much tea or coffee—a little of either or both will not hurt you, if you are in good health, but keep up the daily average by drinking milk or water, or hot milk or hot water, or hot water and hot milk. There is nothing nicer or better than a glass of pure cool water—not iced water.

Many persons look forward to the approach of winter with dread and fear of sickness. They expect a return of "my usual winter cold," "my usual sore throat," "my old neuralgia," "my rheumatism," or an attack of La Grippe, and for their children they see nothing ahead but scarlet fever, diphtheria, sore throats, etc., etc. Now these fears in themselves are sufficient to produce their "usual" complaints, owing to the way such misguided people wrap themselves up and stay in the house, in an effort to stave off the complaints; and in so doing the life essentials are neglected. And such "care" is taken of the poor children that they, also, are denied the life essentials.

CAUSE OF DISEASE.

One would think that sore throats, neuralgias, colds, etc., were things that lurked in dark places in the summer and blossomed forth in the winter like a plant in springtime; whereas they are troubles which develop with the human being himself when he shuts himself up during the winter and neglects the life essentials.

Keep a healthy child shut up for several days in a warm room in winter and he becomes fretful and peevish, if not actually sick; he loses his appetite and will seldom ask for a drink of water. But send him out into the cold fresh air to romp, even with the thermometer below zero, and he will return with cheeks aglow, a voracious appetite and nearly always thirsty, his romp in the fresh air having created an appetite for the life essentials.

Now what is true of children is true, also, of grown people, and if they would walk more or romp more in the cold air of winter, there would be a natural desire created for the life essentials in proper proportions. And if healthy persons require the life essentials to keep them well, what chance is there for a sickly person to get well unless he gets the life essentials like a healthy person? He may not be able to romp very much at first, but he must have his full share of oxygen and liquids.

But the foolish fears of winter and its rigors do still more harm, for they tend to put the whole organism, mind and body, into a cowering, shrinking, weakened state, and so invite the very things one would avoid. The mind plays such an important part in health and sickness that one's mental equipment and fortifications must be properly looked after, if he would resist disease. Meet the very thought of winter—ice, snow, swirling wind, coal-bill and everything—with the strongest assertions of your ability not only to survive it all, but to enjoy it all; and proceed positively and independently to carry out your assertions. Use some such auto-suggestions as the following, going over them many times a day until they are "second-nature" to you, and live up to them fearlessly. Let them become habits of thought:

WINTER AUTO-SUGGESTIONS.

"Winter is now here and I see healthy people around me every day. Health is mine by birthright, and by living like a healthy person I am bound to be healthy."



"The healthy man helps himself freely to fresh air every day, so, hereafter, I shall ventilate my bedroom and keep fresh air in all the living rooms in my house. I shall spend as much time as possible in the open air every day, no matter how cold the weather, and I shall breathe the fresh air deeply into my lungs till it seems to stimulate me all over. I shall know each night as I go to bed that I have helped myself to all the fresh air I require."



"I am taking the full amount of liquids required by the healthy man during the winter—two quarts every day. I know this liquid is sustaining all my secretions and enabling me to eliminate the waste materials from my body. It is making me enjoy my food and enabling me to digest it thoroughly. It is keeping my kidneys, skin and bowels active. It is bound to keep me in good health."



"The fresh air I am getting now, and the liquids I am drinking, stimulate my appetite. I enjoy every meal, I am eating heartily, and I thoroughly masticate every mouthful of food before swallowing it. I can feel that the food I eat is making good, red, rich blood. It is giving me warmth, strength, courage and health."

Philistine Philosophy.

By ELBERT HUBBARD.

[Being a few wise remarks appropriated bodily from the pages of the January *Philistine*, a journal of protest for discerning souls and those who have learned to think.]

THE world bestows its big prizes, both in money and honors, for but one thing.

And that is Initiative.

What is Initiative?

I'll tell you: It is doing the thing without being told.

But next to doing the thing without being told, is to do it when you are told once. That is to say, carry the Message to Gomez: those who can carry a message get high honors, but their pay is not always in proportion.

Next, there are those who never do a thing until they are told twice: such get no honors and small pay.

Next, there are those who only do the right thing when necessity kicks them from behind, and these get indifference instead of honors, and always a pittance for pay. This kind spends most of its time polishing a bench with a hard-luck story.

Lower down in the scale we get the fellow who will not do the right thing even when some one goes along to show him how and stays to see that he does it: he is always out of a job, and receives the contempt he deserves, unless he has a rich Pa, in which case destiny patiently awaits 'round the corner with a stuffed club.



There is nothing quite so hygienic as friendship: to love and be loved means an even pulse, clear eyes, good digestion, sound sleep—success.



Friendships are built on an understanding, while enmities are simply a lack of understanding.



Out in Colorado is a doctor who has a home for the cure of consumptives. His plan is to have the patients live out of doors; winter and summer they sleep in sheds enclosed only on three sides. This treatment cures many cases that the doctors in the East have given up. The doctor tells me that the cold tends to stupefy the patient and benumb his nerves. If this condition of dullness and stupidity can be brought about—the sinking of a man into an Esquimaux—a mere eater of blubber, the man gets well. But so long as the patient is mentally alive and alert, thinking of his business or profession, or with a desire to study or save his soul, progress is hopeless.

Thought is combustion, and especially creative thought makes a terrific onslaught on the vitality. Men who paint, write or compose music do their best work only at a fever heat, with the pulse at ninety. Such a condition is necessarily transient, and absolute relaxation is necessary if the creative period is to come again.

Great men are barbarians—a part of the time.

And when the feeling of dullness and indifference comes, they prize it.



Disease is a remedial attempt on Nature's part to get rid of a poison. If a man eats too much or takes food of the wrong kind, he gets sick. To then give him medicine to cure his indisposition and make him comfortable, is to run a grave risk of killing him.

Physicians everywhere are now coming to the conclusion that to stimulate flagging vitality, is to make a sedative necessary a little later on. This course continued—alternate stimulants and sedatives—means a nervous break-down.

More men die from the effects of medicine than from disease.

Give the organs rest when they ask for it.



If you feel dull and stupid, thank God and cultivate the mood.

Nature has given you a sedative. But the average man when he is dull is inclined to stimulate on whisky or drugs, or at least to look upon the oolong when it is red. People who stimulate their energies artificially are bound to soon reach for an artificial sedative.



The only people who scintillate equally all day long are street gamins and clerks at the lace counter. The man who at times gives out an acetylene scintillation is one who is a simple savage for several hours every day.

Cultivate your dull moments; hug your stupidity; and when your intellect begins to flash, seize upon that mood, too, and make the best of it.



The source of power is in human emotion—the human desire. Men get what they work for, and in just the measure they work for it. The measure of success is the measure of desire.



Fresh air, moderate exercise, plain food, regular sleep, and kind thoughts will heal you of your diseases, pluck from memory its rooted sorrows, and put you close to all the Good there is.

Psycho-Therapy and Its Critics.

By SHELDON LEAVITT, M. D., Chicago.

Written for SUGGESTION.

"It will not cure cancer, nor consumption, nor corns."—*The Medical Visitor*.

"The author is apparently greatly in earnest, but has not discussed his views with hard-headed friends."—*Advanced Therapeutics*.

THE editor of *The Medical Visitor* says many kind things of my book, "Psycho-Therapy," for which I feel duly grateful, though I do not hope that all reviews will be favorable. I do not want the book "damned by faint praise," as some are disposed to give it, much preferring to have it "lauded by loud denunciation." One needs the spirit that is awakened by condemnation. You can often get the best there is in one only by putting him in an aggressive mood.

Supposing that psycho-therapy can not cure cancer and tuberculosis and corns, that fact does not reduce it below the rank of other means of cure. My critic is a good homeopath. Can homeopathy cure any of these ailments? In admitting that it can not, one does not concede that homeopathic therapeutics is valueless.

But *can* psycho-therapy cure the diseases mentioned? Is my critic well informed concerning this matter? Has he ever made a test of psycho-therapy in such ailments. Let us look further. A few nights ago I was assured by a healer—one who has treated more patients during the last few years than any two regular or irregular practitioners in Chicago doing business in the spirit of the now abrogated code of "medical ethics"—that he had cured many cases of both tuberculosis and cancer by psychic means. I am not crying the whole truth on the housetops, and yet I will not hesitate to say that certain cures wrought in my own practice have caused me to remove all former limitations from my concepts of curative possibilities.

We have a perfect right to believe the cure of any and all disease by psychic means quite within the range of possibility.

Bold assumption, isn't it?

Concerning corns, let me mention a statement, recently made to me by an old classmate who has made much money and acquired great notoriety as an advertiser, to the effect that a certain *internal remedy for corns* that he has put upon the market does really work an efficient cure, provided the prescriber give the accompanying suggestion of cure with sufficient emphasis.

My reviewer has reason to look more attentively to the facts.

With my second reviewer I have no acquaintance. He mistakes in his reading between the lines, for I *have* discussed my theories with "hard-

headed friends." Who suffered most from the discussion I shall not attempt to say. It is very certain that I came out of the discussion with strong convictions and with a determination to lay my opinions before the general profession. On more than one occasion have I submitted papers on psychic topics to both city and state medical societies and discussed them with "hard-headed friends." It is evident that my *Advanced Therapeutics* reviewer inferred from the startling character of my ideas that hard-headed friends would have vetoed the present publication, in my behalf.

I have no taste for polemics when the purpose is mere controversy; but I delight in it when my disputant is open to conviction. It is truth, and not dogma, for which I want people to stand. Convince me that I have not good ground for believing and I will throw away my choicest theories and practices.

The most familiar weapon of an unlearned and inexperienced controversialist is sneer or ridicule. It has been used against all serious innovators, and by none more frequently than so-called "scientific" investigators. The first steamship that crossed the Atlantic brought over a paper, fresh from the pen of a conceited scientist, setting forth in no ambiguous terms, and in a somewhat humorous vein, the utter impossibility of trans-oceanic steam navigation. *The vessel would be swamped by the weight of its fuel.* Only a short time before Edison perfected his incandescent light certain electrical experts smiled at the credulity that led the inventor to believe success possible.

But the old world moves on. Evolution proceeds apace. New methods spring up, are first opposed, then tolerated, and at last embraced, with the commentary, "Of course."

They say that homeopathy is losing its grip, and I think as a distinctive school it is. It is going into the sere and yellow stage now not because it has been a failure, but, like the splendid oak and the beautiful maple, because it has been a tremendous success. Having accomplished its purpose by reducing drugging to the minimum and by destroying the heroic in medicine, it is passing away. But the evolutionary process goes on. Other agencies are springing into activity. The work of improvement never ends.

The new psychology is now the bone of contention.

Passing strange, isn't it, that homeopathy, which itself passed through the stage of denunciation and persecution, should now be found on the side of the denunciator and persecutor? It is. It is history repeating itself. But there is comfort in the assurance that opposition never destroyed a truth. On the contrary, it is a most fruitful soil for it to grow in. All the great movements toward world betterment, such as the amelioration of human suffering and emancipation of mankind from its various forms of slavery, have not only spread and fructified under opposition and

even persecution, but have really grown stalwart and resolute under their power. And thus it will be to the end of time.

See where medicine stands today. What has become of its maxims and practices of a century ago? They have become honeycombed by homeopathic tenets and methods until now there truly is far less occasion for two distinctive schools. What was the process? Medicine has merely absorbed the specific truths for which homeopathy stood, not in the precise terms, not without modification, for a truth rarely presents in crystal purity, but in substance.

Now psychology presents its claims. They are being resisted and denounced, while their advocates are being "cast out of the synagogue." But it is bound to win its way. Let us remember that "the degree of vision that dwells in a man is the correct measure of a man." One really sees only what one is fitted to comprehend. Much of truth and beauty is hidden from our eyes merely because we are unable to take it in. The mission of those who do see is one of education, and they should not be deterred by ridicule and scorn from serving humanity to the full measure of their ability.

I Am Captain of My Soul.

Out of the night that covers me,
 Black as the pit from pole to pole,
 I Thank whatever gods may be
 For my unconquerable soul.

In the fell clutch of circumstance
 I have not winced nor cried aloud;
 Under the bludgeonings of chance
 My head is bloody, but unbowed.

Beyond the place of wrath and tears
 Looms but the horror of the shade;
 And yet the menace of the years
 Finds, and shall find, me unafraid.

It matters not how strait the gate,
 How charged with punishments the scroll;
 I am the master of my fate,
 I am the captain of my soul.

—W. F. Henley.

Curing by Suggestion.

By W. R. C. LATSON, M. D.

Editor *Health-Culture Magazine*, New York; author "*Physical Training*," "*Common Disorders*," "*Practical Dietetics*," etc., etc.

Written for SUGGESTION.

CHAPTER I.

INTRODUCTION.

THE great study of the day is mind. It is realized by thinking people the world over that the most powerful factor in success, in self-development, in the production and cure of disease, and in the maintenance of health, is mind. The influence of mind upon body is a matter of ever-growing importance. Development, either in the individual or in the race, is nothing more than a gradual increase in the power of mind over body. For, as mankind develops more and more, the element of mentality becomes more and more a controlling factor. Thus, we find in the higher and dominating races of the present day, such as the Teutonic and the Anglo-Saxon, a large degree of self-control, while in the undeveloped, or deteriorating races, self-control is conspicuously lacking.

MIND IN DISEASE.

The influence of mind over body is plainly seen in the class of disorders to which certain temperaments and races are liable. The people who labor with their bodies and do little thinking are prone to rheumatism, typhoid, and various disorders of nutrition. The brainworkers, using the mind until it overbalances the body, are liable to disorders of the nervous system, such as paralysis, neurasthenia and insanity. Mind, then, through its influence on the body, is a potent factor in the production of disease. But, on the other hand, mind, particularly in the characteristic diseases of civilization, is a powerful influence for cure. And this curative action of mind upon the disordered functions of the body is exerted by means of suggestion.

Therapeutic suggestion may be given by an operator to a subject either in a sleeping or a conscious state, or it may be given by the patient to himself (auto-suggestion). The province of suggestion, social, educational and therapeutic, is practically unlimited. For the purposes of this monograph, however, only its therapeutic application will be considered.

The subject of mind and the activities of the mind has been much obscured by the misconception of the earlier students. As a matter of fact, using the term as understood by modern students, mind is merely the sum total of the activities of the nerve center, situated in the brain and spinal cord. The action of some of these centers produces what we call consciousness. The activities of other centers are called subconscious, or unconscious.

Now, in studying the human mind, the first point is to get clearly before us a conception of these two phases of mentality and their relation. Let us imagine a man carrying a lighted torch through a forest. Round him is a circle of light in which objects may be plainly seen. Outside of this is a penumbra—a zone of partial illumination, in which all objects are seen but indistinctly; and which merges gradually into the surrounding gloom. As the torch bearer moves onward, new objects are constantly appearing within the radius of the torch's light, and others disappearing into the darkness. When the torch flares up the circle of light grows larger, bringing new objects into view. When its flame becomes smaller the circle of light narrows. So, in speaking of it, we might say that there were two conditions present, one of light and one of semi-darkness. There is no exact line of demarcation between the two; and objects are constantly passing from the darkness into the light, and out of the light into the darkness. Moreover, the brilliancy of the light, which corresponds to the intensity of concentration of consciousness, varies from time to time.

Between these two phases there is no distinct line of separation; for one merges into the other, just as the light of the torch blends into the surrounding darkness. Moreover, just as objects are constantly passing from the circle of light into the surrounding shadow while other objects appear in the circle of light, so ideas are continually passing from the consciousness into the subconsciousness; while others from the subconsciousness take their place in the field of conscious activity. In other words, we are incessantly forgetting and remembering.

The facts of consciousness are so obvious and insistent that men have been led to consider consciousness all there is of mind; and for many centuries this mistake was made by scientists. In fact, it is only of late that the immense importance of the subconscious mind has been appreciated by students of the Western Hemisphere.

The greater part of the work of the mind is subconscious. All education, whether physical or mental, is simply the training of the subconsciousness to do something which was at first done consciously. In learning to write, for instance, the shape of the letters is consciously repeated, until after a time they can be made without thought. Then they are consciously and laboriously combined into words, and after a while the spelling becomes subconscious. Skating is another instance. This at first requires the closest conscious attention. After a time, however, the subconscious mind takes charge of the work of propelling and balancing the body, leaving the skater's conscious mind free to think about something else. So with many other activities of everyday life, like walking, speaking, cycling, typewriting, piano playing, and so on.

It is probable that the subconscious mind never forgets, but carries within itself the ineffaceable record of every action and thought of the individual's life—if no more. To bring these impressions within the range

of consciousness, into the circle of relativity, is quite another matter, and one which need not be here discussed.

But not merely as a receptacle is the subconscious mind important. All the physiological functions—digestion, assimilation, absorption, secretion, respiration, circulation, peristalsis, etc.,—are regulated and controlled by the subconscious mind, which in its turn is powerfully influenced by the consciousness. The conscious mind practically controls the movements and location of the body; but the subconsciousness governs the operations of the body itself.

The word "suggestion" in its psychological sense means the introduction into the mind of an idea or influence which shall cause a change, conscious or unconscious, voluntary or involuntary, in the actions of the subject. To one about to start in a precarious undertaking the assurance that he will succeed is often a determining factor in his success. This is an example of suggestion applied to the consciousness. The music played to an army of men marching has been found by conclusive experiment to add materially to their powers of endurance. Gangs of laborers at work sing some rhythmical doggerel with the same effect.

Life is full of suggestion. All of us are constantly giving and constantly reacting to suggestions from books, pictures, scenes and the spoken and written words of those about us. Students of medicine, while reading up some particular disease, often develop such characteristic systems as palpitation, vertigo, headache and fever. The skillfully worded advertisements of the patent medicine concerns often produce in the suggestible reader the very symptoms described. All advertising is, in fact, a practical application of the law of suggestion.

The successes of the magnetic healers, the faith healers, the "ministering healers," the "Christian Scientists," the distant healers, the herb doctors, the bonesetters, etc., are in reality merely the effect of suggestion. To claim that they do not make cures is absurd. Every one of those enumerated above has made cures, often surprising cures. These cures are made, not through any merit in the particular form of absurdity professed, but through a powerful suggestion acting upon the patient's mind.

A moment's thought will convince anyone how amenable we all are to the suggestion that we are looking better or that we appear ill; that we are bound to succeed, or that fears are entertained as to the outcome. A hundred anecdotes might be told of the striking results of suggestion, but space forbids. Enough has been said to show the importance and universality of suggestion, and some of the leading facts of mind involved in its employment.

It is as useless to fight against the interpretations of ignorance as to whip the fog.—*George Eliot.*

Grasping an Opportunity.

By PAUL LATZKE.

WHEN the January wind comes at a certain angle across Boston Common wise men keep indoors and animals seek the sheltered way. The air cuts through to the body like a knife. The heaviest overcoat is scant protection. Furs turn to feathery icicles. There is then comfort nowhere except indoors before a blazing fire. Those who must be abroad take the nearest way, and the street-car companies for once reap a harvest of "short riders."

Out of such conditions it requires rare favor of the gods to build success, but the story of a family from Lynn shows that it is possible. It happened that a rich man, having a directors' meeting to attend on such a January forenoon, jumped aboard the car on which the elder brother of this family—a young elder brother—was journeying to his home in Lynn. The rich man carried in his hand a copy of a Boston newspaper, and at the end of his short ride, by some strange whim of recklessness he left the paper behind. The elder brother, having a long, cold ride before him, and having no pennies to waste on newspapers, picked up the abandoned paper with eager satisfaction. And from this incident grew the making of millions out of an \$84 check, and the beginning of an advertising romance that probably has no parallel.

This young man from Lynn was taking the \$84 check home, and he had it very closely buttoned in his inside pocket. It represented the first substantial sum he and his family had had in their possession for several years. At the other end of the car line his mother and brothers and sisters were waiting hungrily for his appearance with the small fortune. They had been living on very thin provender for months, and looked to this check for a taste of good, strong food. The family originally had been among the most substantial people in Lynn. The father was a wealthy builder, and in 1874 had over one hundred houses, finished and under construction. Then a financial squeeze came, and he lost every dollar he had in the world. Fortunately, there remained the home, which was in the mother's name, and somehow the family managed for four years to keep from starving. Then in 1878 the elder brother had an idea. His mother, in the years of their prosperity, had brewed a certain medicinal compound, the recipe for which had been given her by an old German woman. Of this compound she had given away thousands of bottles, refusing pay even from strangers who asked the medicine of her. Her son's idea had to do with this medicine.

"Why not make up the compound and sell it?" he suggested.

The mother was doubtful.

"Who would buy it?"

"The people to whom you used to give it and lots of others when they hear of it. You've got nearly a thousand letters upstairs from the people who wrote to thank you for the medicine. We'll take some of these letters and have them printed; then we'll distribute them as advertisements."

With considerable misgiving, \$2.65 was taken out of the slender family stock to pay for a thousand small, four-page circulars. The three brothers distributed these circulars from house to house. Next day they went over the same route, carrying in canvas bags a supply of the medicine which their mother had meanwhile brewed over the kitchen stove. Wherever a circular had been left they rang the doorbell and offered their wares. It was slow work, but it brought in enough money to keep the family from want. Here and there a drug store took several bottles, and circulars were left on the drug store counters. Finally the demand reached a wholesale drug house in Boston and they ordered a gross. It was the payment of this first big sale, the \$84 check, that the elder brother was carrying home when he happened to pick up a rich man's newspaper.

He was too cold to take deep interest in the new "stories" spread out before him, but he finally lighted on a line that held his eye. It was printed on the editorial page in black type, and read: "Circulation 54,000 copies daily."

The line fascinated him. It brought a wicked temptation to his mind.

"It takes us," he said to himself, "about three days to put out a thousand circulars, and they cost us \$2.65 undelivered. At that rate 54,000 would take over half a year to put out, and the printing would come to \$143. Now if we only had the money we could put them all out in one day through this newspaper, and the cost would probably be no greater."

Just then the car passed the newspaper office.

The young man ran to the door and jumped off.

"I'll just see what it would cost," he explained to himself.

Inside, he handed the man a copy of his circular.

"What would you charge to put that in tomorrow morning's paper?"

"All of it?"

"Yes."

"\$63.40."

"On the front page?"

"We don't put 'ads' there."

"Then it would do me no good."

"Very well, I'll put it there so you can try the effect."

The young man drew his breath hard. He knew what the sum asked meant at home; but the fever was on him. So steadying his voice as best he could he said:

"All right, you may print it if you will take in payment a check for \$84 and give me the change."

The advertising man was willing and five minutes afterward his customer was on his way to Lynn again, but his precious hoard had melted to \$20.60. At the house he was met by the whole family.

"Did you get the check?"

"Yes," he answered sententiously.

"Where—where is it? Let's see it?"

The questions came on all sides. They were hungry, clamorous for a sight of the precious paper. They wanted to handle it, feel of it, look at the figures.

Panic suddenly seized the boy. His intoxication passed away, and he realized what he had done. For a few minutes longer he fenced. Then, in desperation, he blurted out the story, and a wail of anguish and accusation went up. It was the most terrible tragedy that had come to this family since the dark days of 1874. The storm of words wore itself out after a while. The mother and daughters settled to deep, bitter crying. His brothers sulked in angry, hopeless silence. The little business that had at last promised a livelihood was ruined. The money left out of the \$84 was not enough to face the most pressing demands of the butcher and the grocer. To buy more bottles, to put up a fresh supply of the medicine, to pay the printer for more circulars, was out of the question. For forty-eight hours the family remained in black despair. Then something happened. A messenger boy came with a telegram. It was from another wholesale house and read:

"Ship at once five gross compound by express."

It took the messenger boy a long time to get over the impression that the family had all gone suddenly crazy. They hugged each other and laughed and cried, and carried on generally as properly brought up lunatics do on the stage.

With reflection came quiet. There were no bottles and no labels and no compound. But somehow the bottles and labels were forced from reluctant dealers and printers, and a big fire was made in the kitchen stove under the medicine kettle. All day and all night and all of the next day the family brewed and bottled, and then the "five gross" were ready for the express company.

During the nine years following, through H. P. Hubbard, of New Haven, then one of the great advertising agents of America, the family spent over one and a half million dollars for advertising. They began on \$1,000 worth of credit extended them by Mr. Hubbard on the strength of their sales in and around Boston. When the mother died she left a business valued at several million dollars.—*Impressions.*

Is Magnetic Healing a Fraud?

An important decision rendered by the U. S. Supreme Court, which declares the American School of Magnetic Healing to have the same rights as any regular school of medicine.

B. B. KINGSBURY, Attorney-at-Law, Defiance, Ohio.

ON THE 17th of November last the United States Supreme Court decided the case of The American School of Magnetic Healing vs. McAnnulty, the postmaster at Nevada, Mo. The case was brought to enjoin the postmaster at that place from stamping as fraudulent letters addressed to the complainant and from withholding from that concern letters containing checks, drafts, money orders or money to an aggregate of \$10,000 in value, under an order of the postmaster-general, made May 15, 1900, alleging that this concern was engaged in conducting a scheme or device for obtaining money through the mails by means of false and fraudulent pretenses, representations and promises in violation of an act of Congress relating to lotteries, etc., as amended September 19, 1900.

The bill alleged that the action of the postmaster-general and of the postmaster at Nevada were in violation of the constitutional rights under the Constitution of the United States. The bill stated:

"That said business is a legal and legitimate business, conducted according to business and legal methods, and is largely, almost exclusively, on the physical and practical proposition that the mind of the human race is largely responsible for its ills, and is a perceptible factor in the treating, curing, benefiting and remedying thereof.

"And that the human race does possess the innate power, through proper exercise of the brain and mind, largely to control and remedy the ills that humanity is heir to, and complainants discard and eliminate from their treatment what is commonly known as divine healing and Christian science, and complainants are confined to practical, scientific treatment emanating from the source aforesaid."

A demurrer having been sustained to this bill and the case dismissed, this concern took an appeal to the Supreme Court of the United States.

Mr. Justice Peckham giving the opinion, among other things, says: "There can be no doubt that the influence of the mind upon the physical condition of the body is very powerful, and that a hopeful mental state goes far in many cases, not only to alleviate, but even to aid very largely in cure of an illness from which the body may suffer. Just exactly to what extent the mental condition affects the body, no one can accurately and definitely say. One person may believe it of far greater efficacy than another, but surely it can not be said to be a fraud for one person to contend that the mind has an affect upon the body and its physical condition greater than even a vast majority of intelligent people might be willing to

admit or believe. Even intelligent people may and indeed do differ among themselves as to the extent of this mental effect.

"Because the complainants might or did claim to be able to affect cures by reason of working upon and affecting the mental powers of the individual, and directing them toward the accomplishment of a cure of the disease under which he might be suffering, who can say that it is a fraud or a false pretense or promise within the meaning of the statutes? How can anyone lay down the limit and say beyond that there are fraud and false pretenses? The claim of the ability to cure may be vastly greater than most men would be ready to admit, and yet those who might deny the existence or virtue of the remedy would only differ in opinion from those who assert it. Suppose a person should assert that, by the use of electricity alone he could treat diseases as efficaciously and successfully as the same have heretofore been treated by "regular" physicians. Would these statutes justify the postmaster-general, upon evidence satisfactory to him, to adjudge such claims to be without foundation and then to pronounce the person so claiming, to be guilty of procuring, by false or fraudulent pretenses, the moneys of people sending him money through the mails, and then to prohibit the delivery of any letters to him? The moderate application of electricity, it is strongly maintained, has great effect upon the human system, and just how far it may cure or mitigate disease no one can tell with certainty. It is still in an empirical stage, and enthusiastic believers in it may regard it as entitled to a very high position in therapeutics, while many others may think it absolutely without value or potency in the cure of disease.

"Was this kind of question intended to be submitted for decision to a postmaster-general, and was it intended that he might decide the claims to be a fraud and enjoin the delivery of letters through the mail addressed to the person practicing such treatment of disease? As to the effectiveness of almost any particular method of treatment of disease it is to a more or less extent a fruitful source of difference of opinion, even though a great majority may be of one way of thinking, the efficacy of any special method is certainly not a matter for the decision of the postmaster-general within these statutes relative to fraud. Unless the question may be reduced to one of fact as distinguished from mere opinion, we think these statutes can not be invoked for the purpose of stopping the delivery of mail matter.

"Again, there are many persons who do not believe in the homeopathic school of medicine, and who think that such doctrine, if practiced precisely upon the lines set forth by its originator, is absolutely ineffacious in the treatment of diseases. Are homeopathic physicians subject to be proceeded against under these statutes and liable at the discretion of the postmaster-general, upon evidence satisfactory to him, to be found guilty of obtaining money under false pretenses and their letters stamped as fraudulent, and

the money contained therein as payment for their professional services sent back to the writers of the letters? And, turning the question around, can physicians of what is called the 'old school' be thus proceeded against? Both of these different schools of medicine have their followers, and many who believe in the one will pronounce the other wholly devoid of merit. But there is no precise standard by which to measure the claims of either, for people do recover who are treated according to the one or the other school. And, so it is said, do people recover who are treated under this mental theory. By reason of it? That can not be averred as a matter of fact. Many think they do. Others are of the contrary opinion. Is the postmaster-general to decide the question under these statutes?"

This opinion was concurred by all the justices except White and McKenna, and the case was sent back with an intimation that the defendant might show on trial that business of the complainants was conducted in violation of the statutes.

The case is reported in Vol. 187, U. S. Supreme Reports, p. 94, and presumably will have an important bearing on cases in which Mrs. Wilman's Post is concerned.—*Medical Talk*, December, 1903.

Unto the End.

By ELLA WHEELER WILCOX.

I KNOW not where tomorrow's paths may wend,
Nor what the future holds; but this I know,
Whichever way my feet are forced to go,
I shall be given courage to the end.

Though God that awful gift of His may send
We call long life, where headstones in a row
Hide all of happiness, yet be it so:
I shall be given courage to the end.

If dark the deepening shadows be, that blend
With life's pale sunlight when the sun dips low,
Though joy speeds by and sorrow's steps are slow,
I shall be given courage to the end.

I do not question what the years portend—
Or good or ill, whatever winds may blow;
It is enough, enough for me to know
I shall be given courage to the end.

—*Chicago Examiner.*

Unseen Faces Photographed.

BY DR. H. A. REID, M. S. P. R., PASADENA, CAL.

[The following paragraphs are taken verbatim from a pamphlet entitled "Unseen Faces Photographed," by Dr. H. A. Reid, of Pasadena, Cal. The matter is copyrighted, and these selections are published by special permission of the author. Dr. Reid has been asked to contribute an article on "Photographing the Unseen," which we trust will appear in the next issue of SUGGESTION. Dr. Reid is a careful student of psychic research and his observations are entitled to credit and respect. He has no theories—he is looking for facts.—EDITOR SUGGESTION.]

FOR about five years past a man named Edward Wyllie has been doing business as a spirit photographer in San Francisco, Oakland, Los Angeles and San Diego, Cal. At least a dozen floating rumors against his integrity I traced step by step to their sources, and found nothing that could be made to stick. A full report would fill a large volume. Suffice to say, I was by hard facts and sterling testimonies compelled to discard the "fraud" theory. And out of the great stock of material thus accumulated I select the following cases for this report, because I can myself vouch for the good standing and credibility of the witnesses named, and am also able to submit copies of the pictures produced in these cases.

CASE ONE.

Early in 1899 a committee of seven was appointed to investigate Wyllie's spirit-photography work, it being then commonly attributed to some sort of trick or manipulation on his part; and several other photographers, both in Los Angeles and Pasadena, claimed that they could produce the same sort of pictures. Two of the committee backed out, but five of them served and made a report, which says: "The undersigned, investigators of psychic phenomena, have carefully tested the work of Mr. Edward Wyllie, medium for spirit-photography so-called."

They then recite in full detail the terms and safeguards of their test proceedings. They themselves bought a fresh, unopened box of dry plates. They carefully examined the camera and other fixtures in all their parts; then the plates were by themselves in turn taken from the original package and placed in the camera, and also taken out by them, until eight had been used, and Mr. Wyllie had not touched or seen any of them. To guarantee this, at least two of the committee had him under watch all the time; and the only thing he did was to place or pose the sitter and time the exposure in each case. Now I quote again the language of the report:

"Not until the chemicals were to be used in the developing process did Mr. Wyllie touch the plates, and then only to put them in the bath.

Their immersion in the chemicals and the cold water bath was in the presence of the entire committee, and was distinctly seen. When developed four of the eight plates showed results for which the committee are unable to account." Here they give a lengthy detail of particulars similar to Wyllie's everyday results in hundreds of other cases, and then they add:

"As a committee we have no theory, and testify only to 'that which we do know.' Individually we differ as to probable causes, but unanimously agree concerning the palpable facts. * * * We will give twenty-five dollars (\$25) to any Los Angeles photographer who by trick or skill will produce similar results under similar conditions." Signed, Julian Macrae, P. C. Campbell, J. W. Mackie, W. N. Slocum, John Henley.

I knew nothing of this at the time; and in October, November and December, 1900, I took pains to hunt up these long-ago committeemen, none of whom I had ever seen, to learn more about the matter. I found that Mr. Campbell had since been killed by a railroad car; Mr. Mackie had died; Mr. Macrae had gone to San Francisco; Mr. Henley had gone East. However, in time the absent ones returned, and I finally succeeded in getting individual statements from each of the three still living. They all reaffirmed the verity and good faith of their report as above quoted. And as Mr. Macrae seemed to have been the leading spirit in that research, I elicited from him some further interesting points. He said:

"I am not a spiritualist; but that \$25 proposition which my name is signed to, stands good yet; and I will make it \$100 if necessary. A photographer named James Hegyessy, operator at T. C. Marceau's gallery, in the Los Angeles theater building, claimed that he could make the same sort of pictures that Wyllie did. I told him the \$25 offered by our committee was ready for him if he would do it. He said it was too small business for him to putter with—but, he could do it. I then offered to make it \$50; and finally, \$100, if he would do it. That was a spot-cash business-proposition, and it stands good yet. He said he 'hadn't time.' Then I proposed that the committee would come to his place on a Sunday, so as not to interfere with his regular business. But I could never get him to set a time or give us the test, although he ranks among the most proficient photographic artists in the whole country." Mr. Macrae said further:

"I have a brother, A. W. Macrae, who is an artist, and also an amateur photographer—is now engaged in mining business in the north part of the State. In June and July, 1899, he visited me here in Los Angeles; and we obtained results similar to Wyllie's, under the same psychic laws, with our own camera privately in my own house, and there was no trick or fraud or picture-copying about it. We do not attribute it to spirits, as commonly understood, but refer it to another rank of psychic phenomena; for faces of living persons sometimes appear beside the sitter, as well as faces

of people deceased. Some time after my part in the Wyllie investigation, I had written my brother to come and visit me and bring his camera along. Then while he was here we tried it with friends who happened to come in, merely for our own satisfaction as students and investigators of psychic or occult phenomena. I am a private citizen and do not want to have any publicity in these matters. I study Prof. Hudson's book 'Law of Psychic Phenomena,' and other works within the occult realm of natural law. I have no pet dogma or ism to feed or to exploit. I never go to any public spiritualistic seances or meetings. I suppose there is a good deal of fraud connected with the public spirit-medium business. I think we will get these spirits bottled after awhile—harnessed to some sort of orderly control and usance, as electricity has been."

All the points given were drawn out by my questioning. He showed me samples of the pictures which they had taken privately in their own house, and on which there had phenomenally appeared many strange and freakish "extras." Mrs. Macrae also corroborated these things. Some had writing on them. One had four or five "extra" faces, one of which was that of an ourang outang. [See Chapter V, Note 1-(ii).] I secured one of the pictures, a sitting of Mr. Macrae himself, for reproduction here. No one has recognized the "extra" face, appearing in the reverse way of the sitter.

In September last, at the Grand Pacific Hotel in Los Angeles, I saw a remarkable case. Mr. W. H. S. Welch, a railroad conductor, had taken his own portable camera, already loaded with films, to Wyllie's studio, and got Wyllie to pose him and time the exposure with it. Mr. Welch "had his doubts" about the spirit-photograph business, and wanted this for a test experiment. He is a man of full stature and robust form, and filled the chair overful. He took the exposed film away elsewhere for development; and when it was developed, behold, the chair was visible, in plain, good form, but no sign of the man except two shadowy white lines just where his leg bones would be, as he sat with one leg over the other knee. When he showed me the film and told me about it his voice quavered, as if he felt a little creepy over the uncanny thing. But I relieved his mind by telling him something about x-ray photography. [See Chap. V, Notes 4 and 6.] I afterward asked Wyllie about this case, and he said something like it had occurred perhaps half a dozen times in his experience.

(To be Continued.)

Opportunity is coy. The careless, the slow, the unobservant, the lazy, fail to see it, or clutch at it when it has gone. The sharp fellows detect it instantly and catch it when on the wing.—*Mathews.*

Air and Water.

AIR and water are two remedies apt to be overlooked by the profession in the search for cures, yet, as all progress is constantly bringing us back to, and accentuating the value of, first principles, we occasionally find cases on whom all medicines have lost effect, and who yet can be restored by the intelligent use of these two natural agencies.

We have a case in mind at this writing. The patient had been an invalid for years. She had been the round of doctors and pathies. Had experimented with all the fads at home and abroad, with only temporary benefit. At length she fell into the hands of a common sense doctor in a little country town where she was passing the summer.

He regulated her diet and established her habits on a sound hygienic basis. Then he taught her how to breathe (something which many people do not know), and insisted that she drop everything, and devote a few minutes several times a day to proper breathing. Also, and most important of all, that she drink a glass of water every hour of the day while awake.

She followed the directions to the letter, principally out of curiosity at first, and later because she began to see the good effects of the treatment. Her color improved, her flesh became firm, and her bowels regular. In six months she was perfectly well.

The tissues of this woman were full of impurities, which the increased supply of oxygen and water either burned up or flushed out into the proper channels of elimination. The circulation and excretory organs felt the stimulus of the additional fluid, and increased their work. When the autotoxemia was relieved, all the unpleasant symptoms subsided.

The good effects which follow a sojourn at the various mineral springs are due chiefly to the large amount of water drunk, and the moderate, but regular, amount of exercise involved in getting it.

Consumption is a house-air disease; probably catarrh is also. In all chronic diseases there is a condition of self poisoning. Here the remedial value of air and water is not half appreciated. Give your patients a tablet to be dissolved in a glass of water, or a small vial from which a few drops may be added, to insure that they drink the full amount. Insist upon their going outside, warmly wrapped in cold or inclement weather, and breathing deeply, slowly, regularly, at certain intervals during the day.

At the end of a few weeks or months you will be perfectly astounded at the alteration for the better effected in apparently desperate cases, without a drop of medicine. Try it.—*The Medical Brief*.

A true philosopher is beyond the reach of fortune. LANDOR.

Power of Sunshine.

By DR. E. ELMER KEELER.

THE inhabitant of Florida can but faintly realize what Spring means to us of the northern tier. We have lived since the middle of December in daily anticipation of the day when the sun would once more warm our frozen hillsides and stir our sluggish pulses. Each day has brought us a little nearer to the central orb of light. Each day has the sun come into closer touch with all animal and vegetable life. Each day we have had more light and consequently more life. In our northern winters if we were asked what we most desired, we would say, "more light."

Do you realize the fact that the sun is the real source of life? That without it organized life would cease? That it is not the carbon, hydrogen and nitrogen in the grain of wheat, but the organic force which the sun causes to combine with these inert materials that sustains life? If you once grasp this idea in its entirety, you will at once begin to use the sun in many ways before unthought of to increase your supply of life, health, beauty and strength.

Not only breathe pure air, but breathe air that has lately been revitalized by the action of the sun. Stop living indoors and breathing dead air. No matter what your business may be, see to it that you spend a portion of each day in the Great-Out-of-Doors. To insure perfect oxygenation of your blood you need air to enter your lungs freely eighteen times each minute. If you breathe sunshine-air this oxygenation is far more perfect than if you take your supply of air from a cellar. See to it that your house has the sun shining into each room as many hours of each day as is possible.

Don't be afraid of the sun touching the surface of your body. The skin needs sunshine as well as the lungs. All modern sanitariums have a solarium or sun parlor where patients are taken to bask for hours in the direct rays of the sun. This exposure of the entire body to the sunlight relieves the painful joints of rheumatism and neuralgia, cures nervousness and skin diseases and increases the number of red blood corpuscles. You may not be ill, but do you enjoy the fullest degree of health? If not use the next few months of sunshine. Remember that the sun is the greatest life-giver of the planet. You do not need any better illustration of what the sun will do for life, than to watch the growth of two potatoes, one planted in the sunlight and the other in the same soil in the cellar. Too many are living in the cellar. Get out into the sunshine and don't be afraid to let it touch you. This is the real elixir of life and it is free.—*Good Health Clinic.*

It is right to look our life-accounts bravely in the face now and then, and settle them honestly.

C. BRONTE.

Radium Demolishes Theories.

[The following paragraphs are taken from the *Scientific American* of January 2, and are a portion of an editorial entitled "Retrospect of the Year, 1903." The statements made regarding radium are not wild speculations, but are today accepted by the scientific world as facts, although these same facts have made a revision of all scientific theories necessary.—EDITOR SUGGESTION.]

RADIUM.

IN ANY review of the scientific events of the year that has just drawn to its close, it is certain that the determination of the extraordinary properties of radium should hold the first place both in point of fascinating interest and of far-reaching effect. The new element possesses so many startling properties, some of which threaten to overturn our whole system of chemical physics, that it easily takes rank as the notable scientific discovery of the year, and promises to be the scientific sensation of the twentieth century. The story of the discovery of the new element is too well known to call for any repetition here. Let it suffice to say that after months of patient research, the story of which is one of the most interesting in the annals of laboratory work, M. Curie and his wife succeeded in precipitating a few crystals of salt, whose properties were so subversive of many of our accepted theories of force and matter as to produce a veritable panic among both masters and disciples in the world of natural physics. It is impossible within the limits of the present review to enter in detail into a description, to say nothing of a discussion, of the new element; but there are two of its properties which, because of the fact that they seem to completely overturn two fundamental propositions in natural science, serve to give to radium its chief interest. In the first place, then, it has been proved that radium has a temperature which is a few degrees above that of the atmosphere and, wonderful to relate, *that it maintains this relative temperature constantly without any sensible loss of weight*; that is to say, the loss of weight is so infinitesimally small that the figures which express it become purely symbolical.

SCIENCE STAGGERED.

Now, here is a fact which alone was sufficient to strike a staggering blow to one of the foundation postulates of modern science, namely, the theory of the conservation of energy. It was as though M. Curie had held up to the view of the world a small fragment of burning coal which burned but was never consumed, or was consumed so slowly that according to an estimate of the loss of weight by radium made by Becquerel it would take thousands of millions of years before it was entirely burned away. We were but just recovering from the first rude shock, when Professor Ramsay rendered confusion worse confounded by stating that he had been able to

find in the spectrum of the gaseous emanations of radium the characteristic yellow line of helium.

STARTLING CONCLUSIONS.

He promptly announced this discovery before a learned society, and in the course of his address did not hesitate to voice broadly the thought that must have been uppermost in the mind of his audience, when he exclaimed, "What is this but an actual case of that transmutation of one element into another in which the ancient alchemist believed?" It is natural that in the presence of these disturbing facts, the scientist should search for some explanation which will reconcile the apparent contradictions, and permit our present theories of force and matter to remain as part of our scientific creed. Thus it has been suggested that radium possesses the power of intercepting and making manifest certain invisible and hitherto undetected rays of the sun, and that the wonderful heat phenomena displayed by the new substance are derived from the sun—radium playing the same part with regard to the sun that the fluoroscope does to the x-rays. The mystery of the transformation of radium into helium is more difficult of solution, and, indeed, no explanation that is worthy of consideration has been offered. It is true, however, that the presence of the helium line in the spectra both of radium vapor and the sun, and the possession by the ultra-violet rays of the sun and of the radium rays of the same curative qualities, suggest that they have a common origin. The new element emanates three different kinds of rays, one of which travels at the speed of 100,000 miles per second. It is already recognized as likely to have a useful place in the treatment of certain diseases, particularly those that lie near the surface of the body. If small animals are exposed to its action for a few hours, it will prove fatal, if not during the application, at least within a measurable time thereafter. Its discoverer had occasion to carry a small tube containing radium in his vest pocket during a journey to London; and not many days thereafter a painful and troublesome sore developed on the surface of the body beneath the vest pocket. It renders luminous certain precious stones, and will instantly detect the true from the false diamond, the latter refusing to respond to its luminous influence. It is probably the most precious substance in the world today. A few weeks ago M. Curie stated that it was worth three thousand times its weight in gold; today, as the result of the disclosure of its wonderful qualities and the increasing demand for the smallest portion of it for scientific and other purposes, its price has risen until it is now worth five thousand times its weight in gold. It is idle to speculate as to the future. It will be time to do that when we have solved the momentous scientific problems that are presented by this, the most wonderful of all known substances.

Inability to discern what true religion is, is not confined to the Pharisees.

HENRY DRUMMOND.

Wisdom from Synthetic Philosophy.

By HERBERT SPENCER.

IN OUR tender regard for the vested interests of the few, let us not forget the rights of the many.



Evolution can end only in the establishment of the greatest perfection and the most complete happiness.



We hear a great deal about "the vile body," and many are encouraged by the phrase to transgress the laws of health. But nature quietly suppresses those who treat disrespectfully one of her highest products, and leaves the world to be peopled by the descendants of those who are not so foolish.



It will become a matter of wonder that there should ever have existed those who thought it admirable to enjoy without working, at the expense of others who worked without enjoying.



All breaches of the laws of health are physical sins. When this is generally seen, then and not till then will the physical education of the young receive the attention it deserves.



Not to be impulsive—not to be spurred hither and thither by each desire which in truth comes uppermost, but to be self-restrained, self-balanced, governed with the joint decision of the feelings in council assembled, before whom every action shall have been fully debated and calmly determined—this it is which moral education strives to produce.



Scarcely any connection exists between morality and the discipline of ordinary teaching. Mere culture of the intellect (and education as usually conducted amounts to little more) is hardly at all operative upon conduct. Creeds pressed upon the mind, good principles learned by rote, lessons in right and wrong, will not eradicate vicious propensities, though people, in spite of their experience as parents and as citizens, persist in hoping they will.



Be sparing of commands. Command only when other means are inexplicable or have failed.



Do but gain a boy's trust; convince him by your behavior that you have his happiness at heart; let him discover that you are the wiser of the two; let him experience the benefit of following your advice and the evils that arise from disregarding it, and fear not that you will readily enough guide him.

SUGGESTION

A JOURNAL OF PSYCHO-THERAPY

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HERBERT A. PARKYN, M. D., C. M., Editor.

ELMER ELLSWORTH CAREY, Associate and Manager.

COMMUNICATIONS, clippings, suggestions and articles bearing upon any subject within the scope of this publication solicited.



WHEN WRITING to advertisers you will confer a favor upon all concerned by mentioning SUGGESTION; advertisers wish to know the amount of business secured through the different mediums used.



SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, hypnotism, natural healing, rational hygiene, advanced thought and psychic research.



IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.



SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.



EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. In the event that a renewal is not made at once, however, we assume that it is the subscriber's desire to have SUGGESTION continued, and our record is arranged accordingly, unless we receive definite instructions to discontinue.

This is done in order to give those who may have overlooked their renewal and those who may not find it convenient to remit at once a chance to keep their files complete. We do not wish to appear unduly lenient or to give the impression that SUGGESTION is in any way a free magazine. It takes money to run SUGGESTION, and we shall be thankful to receive prompt renewals from our subscribers.



FRIEND, when this paragraph is marked it means that your subscription has expired, and that we cordially invite you to renew the same. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

EDITORIAL

Those Envelope Slips.

We mentioned last month that we had a few thousand "Opportunity" leaflets. Just the right size to slip in a letter. Send two cents and we will send a bunch of these slips; put one in every letter you mail; try this plan and see if your digestion does not improve. Many friends have sent for a supply of the leaflets, and the stirring words by Ingalls are now flying over the world, inspiring many to do and to act.

♦ ♦ ♦
For ten cents, to cover postage, etc., we will mail four new psychology mottoes, neatly printed on cardboard, 4x7, and put in a bunch of "Opportunity" slips. The mottoes are:

DO IT NOW.

I AM THE MASTER OF MY FATE.

I AM THE CAPTAIN OF MY SOUL.

AS A MAN THINKETH IN HIS HEART SO IS HE.

One of the cards contains a facsimile of the original manuscript of Ingall's poem "Opportunity."



A Few Dry Remarks.

NO, WE didn't say "Merry Christmas and Happy New Year" in the December SUGGESTION. Never thought of it. It is one of the cardinal principles of the New Psychology that every day is Christmas. Let us not keep all love, good will and cheer for just *one* day in the year. The world will be better if that great Christmas outpouring of good will were distributed evenly through the year, and a little extra added every day for good measure. The wise man counts every day a Christmas day. Why not let the flowers of kindness bloom all the time? Join our "Don't Worry Club," and have a perpetual Christmas. The plan of being good only on Sunday and kind only on Christmas can be greatly improved upon. It is better to be kind once a year than never to be kind at all; but the better way is to practice goodness all the time. It may be hard to be kind to some poor family in February, or March, or June, or October, but by practice one can make Christmas extend over 365 days. And as to a Happy New Year: few realize that a New Year begins every morning, every second; but that is true. There is only one time to make good

resolves. That time is NOW. A resolution that can not be made until January 1st is not worth making. The first of January resolutions and intentions are the kind used to pave a certain region. A happy New Year should begin every morning, and if our intellectual and moral code needs revising at any time, don't wait until January 1st. Let your motto be: "DO IT NOW."

The time to take a step in advance is today. So we do not think so much about Christmas and New Year, but we want our friends to put into daily practice those things which make us better and wiser. Will power comes with a daily exercise of that will power, and he who says that he will begin next week, or next month, or next year to cultivate strength of character never will commence. So our motto, "Do It Now," should be daily and hourly observed. It should be blazoned on the walls of every home, school, church and office; it should command us from every corner and turn of life until a generation arises which has developed a "bump" in which future phrenologists will locate the "Do It Now" faculties.

This wandering discourse on the New Psychology view of Christmas and New Year can not better be ended than by quoting the following immortal lines, pregnant with esoteric thought and wisdom:

"Build thee more stately mansions, O my soul,
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."

E. E. C.



Put a Message in Every Letter.

Many of our friends are sending for the New Psychology mottoes and the "Opportunity" slips. Joseph R. Nichols, of Quincy, Ill., says regarding his office correspondence, that they are "covering the East as well as some parts of the West, and I might be able to do SUGGESTION some good by enclosing a slip in each envelope; I am willing to try it and enclose ten cents for a supply; may you live long and prosper." Send us ten cents for postage and packing and we will send you four cardboard mottoes—4x7—all different, and several hundred "Opportunity" slips, envelope size; we will also put in two beautiful Roycroft slips, artistically printed in two colors on hand-made paper. The "Opportunity" slips have on one side a few words about SUGGESTION, and on the other the following:

DO IT NOW

Opportunity

Master of human destinies am I!

Fame, love and fortune on my footsteps wait.

Cities and fields I walk : I penetrate

Deserts and fields remote, and, passing by

Hovel and mart and palace, soon or late,

I knock unbidden once at every gate;

If sleeping, wake : if feasting, rise before

I turn away. It is the hour of fate,

And they who follow me reach every state

Mortals desire, and conquer every foe

Save death; but those who doubt or hesitate,

Condemned to failure, penury and woe,

Seek me in vain and uselessly implore—

I answer not, and I return no more.

—JNO. J. INGALLS.

DO IT NOW

Then before a letter is sealed enclose one of the slips; always remember to enclose a slip in every letter you mail. Try it a month and you will not have to kick the cat to get an appetite.



Now, *Health Culture*, *Nautilus*, *Medical Talk*, *Good Health*, the *Good Health Clinic*, and *The Philistine* are all worthy to be read by the SUGGESTION Family. Then there is the *Stuffed Club*, published by Dr. Tilden in Denver. Send for copies of these magazines, mentioning SUGGESTION. New subscribers who remit \$1.10 can have a year's subscription to SUGGESTION, and receive any one of the above mentioned magazines for one year. Your friends will be pleased to receive a copy of the publications mentioned.



Do it now.

Send Us a Name.

FRIENDS of the SUGGESTION Family, we are growing—the family is increasing wonderfully. New subscriptions are coming in at the rate of 600 per month; we want the numbers to be 750 and soon 1,000. How can this be accomplished? If every member of the SUGGESTION Family will send us the names of five or six thinking persons interested in advanced thought we will soon have 1,000 new subscribers monthly. When we receive the names of a discerning person, we send a copy of SUGGESTION, and the discerning person always sends back a dollar with thanks for the opportunity.

So, friends, all we want are the names of discerning persons—thinking persons—intelligent persons—persons not afraid of an idea. Please see to it at once. Your friend will be pleased to see a copy of SUGGESTION; he will thank you; send us other names, and so the good work will go on—an endless chain of usefulness. Will you help? How about developing that will power? Do you remember Dr. Parkyn's article on will power? Have I made this notice strong enough? Must I borrow a "stuffed club" from our friend Dr. Tilden in Denver? We want 1,000 names by February 15th—do your share.

E. E. C.



I want to tell you about Prof. David Ross, of Toronto, Canada, who sent twenty subscriptions with a postoffice order to cover the amount. This shows what a little will power and determination will do. All can not imitate Professor Ross, but *all can send one name* for our sample copy list, and if every friend did this simple act it would soon double the SUGGESTION Family. Have you a postal card handy? No? Well, write a letter and ask someone for a stamp. Cheer up, the worst is over.

E. E. C.



Our Accommodation Bureau.

MEMBERS of the SUGGESTION Family in good and regular standing can subscribe through this office for any publication, cash with order, at 10 per cent less than the publisher's rate. We have made arrangement with a large subscription agency whereby we can extend this favor to our paid-up subscribers.

We will also furnish to our subscribers any advertised book at 10 per cent less than the publisher's price; cash to accompany all orders.

The above offers are open only to paid-up subscribers of SUGGESTION; they are made as an accommodation to our friends and not for any profit to ourselves. Address all orders to SUBSCRIPTION BUREAU, 4020 Drexel Boulevard, Chicago.

Notes and Comments

WE trust our friends will forward notes, items, clippings, etc., that bear on the field of research in which we are interested.



Our old friend, Anna Eva Fay, is fooling the public in Ohio, according to a letter from Mr. Chandler, of Crooksville, Ohio. She has the audience write questions and retain the paper slips, and then after two hours she tries to answer the questions, and Mr. Chandler says she gets badly mixed. This is one of the old worn-out tricks; the tablets given to the audience are made so the impression of the writing shows on the next sheet; the tablets are collected and by certain manipulations the message can be made out. Sometimes a confederate is prepared with tablets which have carbon copying paper under the second or fourth sheets. A. E. F. is an old bird and has been "exposed" so many times that she ought to retire and let some of the younger fakers have a chance.



New subscribers are arriving at the rate of 1,000 per month; our friends are helping us royally. All we ask any one to do is to send us the names of a thinking person—a person-not-afraid-of-an-idea. Give us 50,000 such names and we will soon have 50,000 in the SUGGESTION Family.



Elizabeth Towne, of *Nautilus* fame (Dept. 17 Holyoke, Mass., sample copy for the asking) is clubbing with SUGGESTION, and she is sending us over 300 new subscriptions per month. We are trying very hard to reciprocate, and are sending her almost as many. Any one who has never seen a copy of the *Nautilus* has missed a good thing.



The state of Massachusetts is trying to force everyone to be vaccinated under penalty; the state supreme court has declared the law a good law, and the Massachusetts State Anti-Vaccination Society has appealed to the Supreme Court of the United States. As there is so much of uncertainty and doubt in the mind of many scientists and physicians regarding the vaccination question, it seems hardly possible that the Supreme Court will take it upon itself to decide the question. The United States Supreme Court has already decided that no State can make laws in favor of one system of healing to the exclusion of others.



If any of our readers happens to be talking or writing to his congressman, we hope he will say a word in favor of the Postal Currency

Bill now before the House. This bill provides that any piece of national currency can be made into a check by writing the name of the payee on the back and affixing a two cent stamp. Then the bill can be sent as a check and is payable at any postoffice or bank. The passage of this bill will prove a blessing to all who have to do business through the mails.



We have some New Psychology mottoes, about 4x7, including a facsimile of Ingall's well known poem "Opportunity." A set of these mottoes will be sent to any address for ten cents to pay for postage, packing and cost of paper, etc. One of the slips, beautifully printed in two colors by the Roycrofters, of East Aurora, N. Y., contains these words on hand-made paper—a perfect gem:



**So long as we love, we
serve. So long as we
are loved by others
I would almost say
we are indispensable; and
no man is useless while he
has a friend.**

Robert Louis Stevenson



We are sending out mailing cards to many members of the SUGGESTION Family asking them to send the name of *one* person interested in the principles of the New Psychology; if we can secure 10,000 such names, we will soon have 10,000 new members in our family, and we will ask them again to send us names. When a man (or woman) who is not afraid of an idea sees a copy of SUGGESTION he subscribes. We want every member of the SUGGESTION Family to send us names until we have secured at least *one* new subscriber from his efforts. Then he will be excused until next year.



Half the enjoyment of life consists in sharing good things with others. Tell your friends about SUGGESTION.

A Letter from the Editor.

MOTZORONGO, VERA CRUZ, MEXICO, Dec. 24, 1903.

TO THE READERS OF SUGGESTION:

Here it is the day before Christmas and I am still tarrying at Motzorongo. In fact, it seems hard to tear myself away from this garden spot, there is so much to see and so many places to go and everything is so interesting. But the center of interest here just now is the sugar mill, which is running night and day crushing our magnificent crop of cane and turning it into the finest white sugar made in Mexico, with commercial alcohol as a by-product. The sugar sells for ten cents per pound (Mexican money), equal to a little more than four cents a pound in American money. This is not the price at which it retails—it is the price received by the mill. And the present selling price of commercial alcohol is from \$12 to \$14 per barrel of eighteen gallons.

Cane planting is going on steadily in anticipation of increasing the capacity of the sugar mill next season. With our present buildings and facilities the additional machinery can be put in at small cost and our sugar expert tells me that with the increased capacity our profits from the sugar mill alone next year will be in the neighborhood of \$300,000 gold.

I have received word from Chicago that all the stock the directors set aside to be sold has been disposed of and there is none for sale, even at the advanced price. I am sorry for readers who have been hesitating about joining in the Motzorongo enterprise, and, if the directors decide to set aside another block of stock to be sold for putting in additional machinery, I advise those who have hesitated to have their applications in early; for I know many applications that can not be filled are already on file at the Chicago office, 228 Reaper Block, Chicago.

I find I shall be delayed in Mexico till the first week in January, when I shall leave for California; unless possibly I return first to Chicago to attend the directors' meeting and look after the stack of correspondence awaiting me from SUGGESTION's readers.

The more I see of the Motzorongo plantation and the work going on here, the more confidence I have that remarkable dividends will be forthcoming for the hundreds of SUGGESTION's readers who have invested in this enterprise. The first dividend is already being turned out in the sugar mill, which I can hear steadily at work even as I write.

Yours cordially,

HERBERT A. PARKYN.

P. S.—In order to be represented on the waiting list for stock, send your name and address to the Motzorongo Co., 228 Reaper Block, Chicago—ask for a prospectus, of course, if you haven't already done so—and order your name placed on the waiting list for stock in case another block is to be sold.

H. A. P.

SMILES

BY MARY FRAZEE.

DO not jump into a ditch for the sake of affirming out of it.

* * *

It is the man turning the furrow, not the one sitting on the fence, who has a right to express an opinion.

* * *

Be careful how you contradict a fool. Sometimes he knows more than he knows he knows, and Science may come along some day and back him up.

* * *

Appear to thy neighbor as one without earthly care; and then proceed to have as good a time as if thy neighbor were right about it.

* * *

Superstition? Perhaps. But whatever has stirred men's souls, and inspired them to noble deeds, is in some sense true.

* * *

If thy brother sin against thee, and afterward repent, forgive him. And if he doesn't repent, thou wilt save thyself much trouble by just forgiving him anyway.

* * *

The meaning of sacrifice is this, that someone else may do without sacrifice what we have sacrificed to do.

* * *

You may live up to part of your best theories all the time, or all your best theories part of the time, but you will have to step lively if you live up to all your best theories all the time.

* * *

Whether there be a devil or no has long been a matter of dispute. But you may be certain of this, that when you yield to discouragement and despair, you are creating one.

* * *

It is often well, when the man you think owes you a loaf gives you a crumb, to thank him as if he had given you the whole bakery. Because: you may be mistaken as to the amount due; or, he may have two loaves just ready to take out of the oven for you, and a toothsome fruitcake cooling on the sideboard.



Child Culture



To mothers, first, because they are the chief martyrs of the race; to everybody else, second, because into the mother's martyrdom the rest of us enter—we bear her image and superscription, her greatness is our glory, her limitations our undoing, her sacrifice our making, her love our benediction—to her and hers is this department dedicated.

A STUDY OF ELIZABETH HARRISON'S "CHILD-NATURE."

By MARY FRAZEE.

AS given in the previous paper, the foundation-stones of Miss Harrison's book are three; that is, she starts out with three fundamental principles, and it is upon these that the thought of the book rests. These principles, freely rendered and re-stated, are:

First: It is the nature of the being to be educated, not the caprice of the parent or the teacher, that determines what education should be.

Second: The training of the child's instincts should begin as soon as those instincts begin to be manifested.

Third: The mother's understanding of her child's real nature makes clear her own duties; and such an understanding will deepen and clarify her own natural instincts of training into rational convictions.

The two points made in Chapter I are:

1. *Activity is the natural means for securing physical and mental development.*

2. *The training of the instinct of activity must be mainly positive, not negative.*

Only short extracts from this chapter appeared in the previous paper, but enough, it is to be hoped, to indicate its value. How to give the child his rightful due—how to allow him adequate opportunity to develop, to set up right and desirable habits—on these things this first chapter of Miss Harrison's book throws such clear light, that no mother can read it through without seeing many of her problems instantly straighten out. And to many a mother the conviction must come that the real difficulty she has encountered in what has seemed the mischief and naughtiness and depravity of her child, is simply the result of her own ignorance and faulty management, and she will sorrowfully confess that if she were only as intelligently and capably acting out her motherhood as the little one is acting out his childhood, things would be very different for every one con-

cerned; that it was she, if any one, who had needed the scolding, who had needed the punishment,—she, first of all, who must learn to do better. And “mother” here means “father,” or “teacher,” or whoever else has to do with the development of the child. How to direct the little one’s energy—how to give him the opportunity and encouragement to spend it sweetly or helpfully,—on these points Miss Harrison lays down the law and the gospel, and it were well if every poor little mismanaged, over-managed, over-indulged or otherwise neglected child could have the benefit at once—and every puzzled, distracted, tired-out mother. This little story alone—in Chapter I—taken in the fullness of its meaning, is one of the most beautiful instances of insight and self-control, and consequent transformation of child-life, imaginable:

A small child was brought to me who was the most complete embodiment of the result of negative training with which I have ever come in contact. It was, “No, I don’t want to play”; “No, I won’t sit by that boy”; “No, I don’t like the blocks.” It was one continued “No.” No one pleased him; nothing satisfied him. Though not yet five years old, he was already an isolated character, unhappy himself and constantly making others uncomfortable. I saw that the child needed more than anything else positive encouragement, to be led into a spirit of participation with others. The third day after his arrival another child chanced to bring a small pewter soldier to the Kindergarten. As is usual with each little treasure brought from home, it was examined and admired and at playtime its owner was allowed to choose a game. This last privilege brought to the new boy’s face a look of contempt, which sharply contrasted with the happy, sympathetic faces of the other children. Soon after we had taken our places at the work-tables with the boy with the toy soldier standing erect in front of little Paul, his proud owner, I heard a whizzing sound and Paul’s voice crying out: “Joseph has knocked my soldier off the table and he did it on purpose, too!” I turned to the scene of disaster; the soldier lay on the other side of the room, and Joseph, the iconoclastic invader into our realms of peace, with defiance in his face, sat looking at me. The first impulse was to say: “Why did you do that? It was naughty; go and pick up the soldier.” That, however, would have been another negation added to the number which had already been daily heaped upon him, so, instead, I said, “Oh well, Paul, never mind. Joseph does not know that we try to make each other happy in kindergarten.”

“Come here, Joseph, I want you to be my messenger boy.” The role of messenger boy, or helper to distribute the work, is always a much-coveted office; partly, from an inborn delight in children to assist in the work of older people; partly, from the distinction which arises in the imaginary wearing of the brass buttons and gilt band. As if expecting some hidden censure Joseph came a little reluctantly to where I was sit-

ting. In a few minutes he was busy running back and forth giving to each child the envelope containing the work of the next half hour. As soon as the joy of service had melted him into a mood of comradeship, I whispered: "Run over now and get Paul's soldier." Instantly he ran across the room, picked up the toy and placing it on the table before its rightful owner, quietly slipped into his own place and began his work. His whole nature for the time being was changed into good-humored fellowship with all mankind.

The "suggestion" evident in this little story makes it of the greatest interest to the student of human nature—that is to say of psychology—in any of its phases. The following incident is equally significant:

Similar opportunities for like transformations may be found in the home life. A friend came to me and said: "What shall I do with my Willie? He dallies so about everything he has to do. If I send him upstairs for my thimble or thread, it may be a half hour or even an hour before he returns. I have scolded him and scolded him, but it seems to do no good."

"By scolding," I replied, "you have emphasized the fault you wished to cure and have separated yourself from your boy. Now, try to emphasize the opposite virtue, promptness, by praising him for it when you have the opportunity."

"Oh, there's no use in talking of that," she answered, "he is never prompt."

"Then," said I, "if he is never so voluntarily, make an occasion. Ask him to go to the kitchen, or some part of the house on an errand for you; tell him that you will count while he is gone. When he gets back praise him for having returned more quickly than usual. At dinner tell his father as if it were a fine bit of news. This will make it a meritorious achievement in your son's eyes."

The next week she came to me with her face fairly radiant and said: "I have been counting and Willie has been trotting ever since last week." I laughed and told her that her mother-wit would soon have to hunt up some new device.

(To Be Continued.)

Members of the SUGGESTION Family are either First Degree members or Second Degree members. A Second Degree member is one that has been the means of bringing at least *one* new member into the family during the year. All Second Degree members please hold up your hands. Thank you; next roll call we hope to see more hands up. All were First Degree members January 1st; even Brother Ross, of Toronto, Canada, who had a record of twenty new subscribers sent in at one time. We trust everyone will promptly take the Second Degree. Someone has said that there is no yesterday, no tomorrow—only now.

Do It Now Club.

MR. NICKERSON, of Kankakee, Ill., suggests a **DO IT NOW CLUB**, with a department in **SUGGESTION** as the official organ of the club. We will donate the space if our friends will send us on *postal card* items, quotations, sermons, remarks, verses, etc., suitable for the department. Mr. Nickerson thinks we ought to have a membership button, a recognition sign, etc.



Well, let us know what the **SUGGESTION** Family thinks. A *Do It Now Club* ought to flourish as well as a *Don't Worry Club*. Besides, the command, *Do It Now* is a direct, positive, pointed statement; it has no negative feature and does not employ the existence of undesirable conditions. And certainly no better motto can be suggested for the practical, everyday affairs of life. The old copy books said: "Procrastination is the thief of time," but in those days nobody ever heard the stirring words: **DO IT NOW**. The New Psychology teaches a positive state of being; all its commands, statements and affirmatives are *positive*: and the watchword is **NOW**.



So why not a *Do It Now Club*? We invite a shower of postal cards—yes, you can put it all on a postal card—remember we receive hundreds of letters, and time and space are limited. But if you have a clipping send it in a letter.



Henry Harrison Brown always has an admirable collection of quotations in his famous magazine, *Now*; these are appropriate for this page and are here reproduced:

Time past and time to be are one,
And both are now.—Whittier.

'Twas only striking from the calendar

Dead yesterdays and unborn tomorrows.—Omar Khayyam.

Now is the time for a noble deed.—Lizzie Doten.

Today.

It's so easy to murmur, "I'll do it tomorrow"—it's so near, yet so far away; but postponement is often prophetic of sorrow—then why not do it today? "Tomorrow" is misty, is vague and uncertain, tho' the present is mirthful and gay; no human eye pierces the morrow's black curtain—so take hold and do it today? The future is made of our coming tomorrows—have faith in it, therefore, I say; but if you would make it secure against sorrows—then do your whole duty today.

G. W. HATCH.

Success Club.

"The man with a mission at the front always finds his way through the crowd."



If you ever undertake to "Go and mark the righteous man," you may as well make up your mind to a long run.—*Exchange*.



A song popular twenty years ago, began: "Help a worn and weary brother pulling hard against the stream." It's a good song yet.—*Exchange*.



We each need occasional encouragement. If none is by to extend it to you, pat yourself on the head once in a while, and say "Good boy!"—*Exchange*.



Have love; not love alone for one,
But man as man thy brother call,
And scatter like the circling sun
Thy charities on all.

—Schüller.

What to Cultivate.

The charm of making little sacrifices for the good of others quite naturally, as if of no account to you.

The habit of making allowances for the opinions, feelings or prejudices of others which may be distasteful to you.

The art of listening without impatience to prosy talkers, and of smiling at the twice-told tale or incident, without telling the relator you had heard it before.

A good memory for faces, and facts connected with them, thus avoiding giving offense through not recognizing or bowing to people, or saying to them what had better be left unsaid.—*Our Young Folks*.

Live in the Present.

Much of the best energy of the world is wasted in living in the past or dreaming of the future. Some people seem to think any time but the present is a good time to live in. But the men who move the world must be a part of it. They must be a part of it. They must touch the life that now is, and feel the thrill of the movement of civilization.

Many people do not live in the present. It does not know them. They are buried in books; they live in archives, and in history, but the great throbbing pulse of the world they do not touch. They are not a part of the world; they are never attuned to it.

The young man who would win must plunge into the current of events. He must keep step with the march of progress. The current of the times must run through his veins, or there will be paralysis somewhere in his nature.—*Success*.

Don't Worry Club.

A Sermonette by the Founder.

Beyond question, fear-thought is the prime cause of more misery, disease, unhappiness, crime and failure than all other weaknesses and vices combined. There is nothing on earth so much to fear as fear.



Fear has been the most formidable foe in blocking man's progress. The world's history shows that rulers, warriors and priests in the material world kept man in constant dread; while in the unseen world, grewsome, uncanny spirits, ghosts and demons haunted him day and night. He was ever paying mental and material tribute to appease fear. So his ideals of God and the hidden forces of Nature were low and debasing. The wasted energy was enormous.



Human progress is the unfoldment of the divine self, and using its store of riches. If a man has an abiding faith in the good and justice, he need have no fear. The great end to labor for is a full, rounded character, never fevered by successes, nor depressed by failures; not be at the mercy of circumstances; sad today because things are troublesome and exuberant next day because things are easy, but ever self-reliant, balanced, strong, composed and just.



That happiness which is dependent on the opinions of most people, is a very shallow affair—yet most men long for it. How superficial we find judgment in dull minds, loaded with absurd opinions, and numberless errors, based on hearsay, and vain conjectures. Their limited ideas, narrow sentiments and inbred prejudices, incapacitate them for inductive reasoning. Bare assumptions and bald declamation are absorbed as verities as satisfying to their minds as axioms in mathematics. Imbeciles are ever ready to float in the channel of public rumor.



Envious striving to excel in the non-essentials of life are great sources of discontent and unhappiness. After we have wandered away after fictitious pleasures, we find what mistakes we have made in slighting simple duties and interests to chase the delusions and illusions of the world. Simplicity cuts out all the frills, pretentions and non-essentials, and reduces life to a minimum of needs. Simplicity wants the most enduring, the best.

Calm, deliberate, independent persons seldom are ruffled. Downright laziness must not be misnamed calmness. Indians are calm, but lavishly lazy, soaked with mental inertia. Be self-reliant thinkers, and develop the latent powers and forces that are stored away in your subconscious minds. You can think now of things as play, that years ago looked like mountains of trouble. One of your number, over thirty years ago, when a young lawyer, worried over and tried law suits in dreams; similar cases now are relished as mental stimulants.



Try to view subjects from different points of view, and don't get freakish and lopsided. There is enough truth to dig up in the world to make all rich. No Pierpont Morgan has a corner on it. Its stock has never been watered. Give your brother man a square deal, then you will have no goose-flesh feeling when you meet him.



Each day do one or more unselfish acts, and don't throw bouquets at yourself, or put up a big talk about it. Christ understood this thing, for He said "Do not your alms before men." Rockefeller gives a million to a college, then works the press overtime framing boisterous headlines over it, and next day he raises oil two cents a gallon, and makes ten millions. So he is nine millions ahead on the charity stunt. I call that *wolf and brass band charity*. Brother Don't Worries, give everyone an even break, and don't use your hammer.

Read by the founder of "The Don't Worry Club," December 6, 1903.
L. W. BILLINGSLEY, Lincoln, Neb.

Help.

Written for SUGGESTION.

And each and everyone of us is here
To do all good we can
And benefit a brother, sister,
Who by some misfortune or ill luck
Has failed to grasp the opportunity and lost
That which the world calls chance—
That which has been the way to great and small success;
But which through sin or other cause
Has been withheld from some of us,
And dealt in lesser quantities to others
With whom we should share
Part of our abundance, which they may possess.

—Harry George.

Our Contemporaries.

PUBLISHERS of metaphysical, advanced thought, hygienic and reform journals can use this department for monthly notices, provided such notices are received at this office by the first of each month; the notices should relate to the issue of the following month. Some of our friends can not grasp our meaning; for example: in this issue we should have notices of our February contemporaries. But this issue went to the printer January 1.

Now, friends, by March 1 send us notices of your April issues, and if this is not possible, send some notice of your publication so the members of the SUGGESTION Family can see what you are doing. Some of us might like to subscribe for your magazine.



THE NAUTILUS is published at Holyoke, Mass., Department 17, by Elizabeth Towne, ably assisted by one William, otherwise known as Elizabeth Towne's husband. But William has a head of his own, and Elizabeth can't buy his neckties or hire his stenographers. This proves he is not henpecked and that a man is the greatest thing that ever happened. So send a postal for a copy of the *Nautilus*, and if you don't like it we will cheerfully refund the postal. You might ask for one of William's catalogues, too, for he sells all the best books. Elizabeth wrote a valuable booklet for those who want to come up higher, called "How to Concentrate," twenty-five cents; new subscribers who remit \$1 for SUGGESTION can have *Nautilus* one year and a copy of "How to Concentrate" for the asking. You can mention this to your friends, with the firm belief that they will not be bunkoed. They will receive twelve copies of SUGGESTION, twelve numbers of *Nautilus* and one copy of the booklet, twenty-five articles, any one of them worth the price of admission. Who's next?



THE PHILISTINE, East Aurora, New York, \$1 per year monthly, is the product of brains and art. Only discerning people read *The Philistine*. Elbert Hubbard is the chief Philistine. Probably 500,000 persons read *The Philistine* every month, and this means half a million thinkers. If you read Hubbard and don't like him you had better send for the plumber—your think machine is out of order—there's a cog loose somewhere. Hubbard puts a slip of paper in all his letters containing such stuff as the following:

"I believe that no one can harm us but ourselves; that sin is misdirected energy; that there is no devil but fear; and that the Universe is planned for good. We know that work is a blessing, that winter is as necessary as summer, that night is as useful as day, that Death is a manifestation of Life, and just as good. I

believe in the Now and Here. I believe in You, and I believe in a Power that is in Ourselves that makes for Righteousness.

"FRA ELBERTUS."

If you can stand that, send for a sample copy of *The Philistine*; new subscribers who remit \$1.10 can have SUGGESTION for twelve months and will also receive *The Philistine* for the same length of time, fully paid up and non-assessable. It's simply remarkable how we can make these offers, but the Dr. Parkyn is in Mexico watching the mill go 'round, and Motzorong will declare a big dividend in the Spring, and we don't care anyway—this is the New Year. Automobiles and babies—all bad but your own.



JOURNAL—PUBLIC HEALTH. A monthly magazine devoted to reprints and reviews of public health literature. Edited and published by Columbia P. Wood, Evansville, Ind.; \$1.00 a year; sample copy free. Leading papers in February number are: "Infection, Disinfection, and Immunity," by George M. Sternberg, M. D.; LL. D., surgeon-general U. S. Army (retired); Disease Germs; Channels of and Susceptibility to Infection; Methods of Disinfection; Natural and Acquired Immunity; Antitoxins; Plague; Cholera; Forms of Fever; Tuberculosis; Diphtheria; Influenza; Pneumonia, etc, etc.



THE LIBERATOR, monthly, fifty cents per year, Minneapolis, Minn.; motto, "Freedom from Disease and Medical Rule"; leading articles for February are, Health Attainment Made Easy; How Health Is Maintained at Zion City, by Will M. Hundley; Curious Delusions Regarding Smallpox, by Dr. M. R. Levenson; Wanted—A School for Philanthropists; Proper Powers of Health Boards; Avoidable Causes of Sudden Deaths.

Clubbing rates: New subscribers can have SUGGESTION and *The Liberator* one year for \$1.00.



THE HEALTHY HOME, a splendid family monthly published at Athol, Mass., 50 cents per year, has for the leading article in January an article describing the methods used at the Massachusetts Sanitarium for Consumptives, in Rutland, Vt. At this institution consumptive patients are treated without drugs, the fresh air treatment being the principle feature. They are fed three hearty meals per day with three in "between" lunches. Only 11 per cent do not improve. All interested should send for a sample copy of *The Healthy Home* and read the article. There is also an article on "The Lost Art of Chewing," which is worth many times the subscription price.

It may not be amiss to note that new subscribers can have SUGGESTION one year and *The Healthy Home* one year for \$1.00. The dollar will be cheerfully refunded to any one who tries the combination and is dissatisfied. Send all orders to this office.



The International Subscription Agency, Lawrence, Kan., has issued a directory of New Thought publications which will be sent upon receipt of a postal. Many of the leading New Thought and reform journals are omitted from this directory, but it is better than no list. SUGGESTION clubs with all these publications.

Now, a journal of affirmation, 1427 Market street, San Francisco, Cal., for January contains: The Art of Eating (Henry insists you can eat any old thing if you think right); I Am "The One"; "Practice of Medicine"; Money; Herbert Spencer; Some Culture Lessons—I Do; Affirmation, Unfoldment; Extraordinary Telepathy; Poems; "Now" Home Echoes, correspondents, etc.

Now is \$1.00 per year; new subscribers can have *Now* and *SUGGESTION* one year for \$1.10. Money refunded if *Now* isn't worth every penny all of the \$1.10. Send for a sample copy and don't take my word.

Now is the time to do it.

E. E. C.



THE OVERLAND MONTHLY, San Francisco, Cal., \$1.50 per year, sample upon request if you mention *SUGGESTION*, is the pioneer magazine of the Pacific Coast. The January issue contains many interesting articles relating to western life and scenes. There is something about the mother of Joaquin Miller, California Canyons, A Cowboy Festival, and a pathetic account of the Maori and his dying race entitled "The Plaint of the Passing Peoples," with appropriate illustrations.



Geo. L. Williams & Co., 7143 Champlain avenue, Chicago, will send upon request a large illustrated catalogue of watches, jewelry and novelties of all kinds. The firm is reliable in every way.



THE HUMANITARIAN REVIEW, a monthly freethought and liberal religio-scientific magazine. Singleton W. Davis, editor and publisher, 852 East Lee street, Los Angeles, Cal. Per year, \$1.00. Single copy, 10 cents; very liberal clubbing rates with *SUGGESTION* and other publications. *The Review* for January is an unusually large number, some of the principal articles being: "Romance of Life," by Judge Ladd; "Why We Oppose Vivisection," "Truth Demands Debate," by Professor Jamieson; "Theological Nonsense," by Judge Tenney; "Bible in the Schools," by the editor; "Christian Science Once More," by A. Farlow; "Christian Pseudo-Science," editor; Editorial Notes, Book Review, Letters, etc. No free copies of this number—strictly 10 cents each.



THE PSYCHIC ERA is one of the latest publications to enter the field of journalism devoted to the teachings of the New Psychology; it is a monthly, 50 cents per year, published by May L. Davidson, Des Moines, Iowa, and any interested should send for a sample copy. *The Psychic Era* contains some valuable articles on Suggestive Therapeutics by Dr. J. A. Potter, and is a creditable exponent of the teachings of the New Psychology.

Funny.

"Under this sod, beneath these trees,
Lieth the body of Solomon Pease.
He is not here, only his pod;
He shelled out his soul and went up to God."

Publisher's Department

Like a Breakfast Food, Only It Isn't.

THE ORANGE MANNA COMPANY, Masonic Temple, Chicago, have an advertisement in this issue. The best way to investigate this is to send a postal asking for a sample of their preparation. It is made from fruits and grains and is something like a breakfast food, only it isn't. It is not a drug or a medicine, but it is harmless and many have found it valuable for stomach troubles and constipation. If this is mysterious mention this magazine and tell them you want information. DO IT NOW.

Nut Confections.

There is a new nut sweatmeat which is a combination health food and delicacy now being prepared by the Chicago Pure Food Company, 3990 Cottage Grove avenue, Chicago. Anyone interested will receive a sample with descriptive matter relating to the hygienic value of nut food by sending 10 cents. These foods have been used by many afflicted with stomach troubles, and great benefit has resulted. Stop eating so much meat and try fruits and nuts. Send for the literature and form your own opinion. This firm makes the finest peanut butter obtainable. Don't take anybody's word—find out yourself.

Equipment For Progressive Physicians.

The Physicians' Standard Supply Company, formerly known as "The Globe Manufacturing Company," with head offices and storerooms in Philadelphia, are makers of nebulizers (vaporizers), atomizers (coarse sprays), air pumps, air receivers, nebulizing fluids, spirometers, vaginal douches, sprays, and various other health articles and combinations. In many respects they are pioneers in the field which they occupy. This is particularly true of the nebulizers, which they first introduced to the medical profession in this country, through Ernest J. Stevens, of their company, some years ago. The Globe, the Universal, the Century No. 5, and other standard nebulizers are familiar names, not only to physicians and others of the United States, but also of Canada, Great Britain, and many other countries. These nebulizers can be operated with the hand-bulb, foot-pump, or air-condenser. They are extremely convenient for home as well as office treatment, as all classes of remedies can be effectually applied, in diseases of the nose,

throat, middle ear, bronchial tubes, lungs, etc. They are not complicated, do not get out of order, and are easily operated even by children. Then the spirometer, or "Home Gymnasium," as it is entitled, the massage instruments (vibrator, etc.), and their vaginal douche, are indeed all that can be desired in their line. Exceedingly liberal rates, we are informed, are now being offered on all the instruments. The nebulizers are the highest development of the application of all medicines in the form of vapor. By their use a thorough dissemination of vapor in the atmosphere is obtained; and by the use of a face-mask, mouth-tube and nose-piece it enables the physician or any individual to reach all parts of the respiratory passages with any medicament. Write at once to the company and secure a copy of the Physicians' Standard Formulary (containing choice prescriptions of some of our most eminent medical men) for nose, ear, throat and lung solutions—and for other illustrated literature furnished gratis.



Gibson says it is a good thing to have the external muscles well developed; but in order to possess perfect health and strength the *internal* organs and muscles must be developed also.

He claims to have a simple and economical system of developing and strengthening the entire human body and building up a strong constitution in less time and with less exertion, than by any other means.

He says he can produce more than a thousand testimonials from professional and business men, athletes and instructors of physical culture in public and private institutions the world over, to prove his statements.

His advertisement, with a cut of himself raising a 65-pound dumb-bell, appears on another page of this magazine.

Not one man in a thousand, he says, can perform this feat, yet, after proper training, it can be accomplished with little or no strain upon the system.



Regarding the book, "Cures Without Drugs," published by the Carr Book Company, Niagara Falls, N. Y., the publishers state that of *all* the orders received for this book not *one* has even intimated they were not pleased with the book. It is used by physicians of all schools, both medical and non-medical. Why pay a doctor \$2.00 for a visit when \$1.00 buys the book, on a guarantee of satisfaction or money refunded? A word to the wise should be sufficient.



The attention of our readers is called to the offer announced in this issue of a year's subscription, or renewal, to SUGGESTION free to every purchaser of Eales' & Taber's chart, or six yearly renewals and the chart for \$6.00.

This chart is the most complete of its kind on the market, is elaborate and technically correct and should be in the hands of every reader of SUGGESTION, every student of the body and every physician. You can make no mistake in ordering it, as it is all that is claimed for it and with a year's subscription to SUGGESTION will prove a most desirable acquisition.

The Realm of Books

UNSEEN FACES PHOTOGRAPHED; A Report on Spirit Photography. By H. A. Reid, A. M., M. D. Fully illustrated. Price, post-paid, 50 cents.

This book is a report on the facts and findings of fourteen months' critical and scientific research in the phenomena called "spirit photography." Dr. Reid is an old newspaper man, and a Bible student, a science student, an author, and lecturer, of forty years' experience. He served five years as executive secretary of the State Academy of Sciences at Des Moines, Iowa, and won high repute as a careful, patient, thoroughgoing investigator, collector, recorder, and collator of new facts not before brought to public attention. And all the expert training of those years he has utilized in collecting and sifting the matter of this latest book, which is full of strange new psychic facts, well clinched. The author is president of the Society for Psychical Research of Pasadena, Cal., and this series of strange and startling but well authenticated facts were at first gathered for a topical report to the International Society for Physical Research, of London, of which Dr. Reid is an associate member. (It has now a membership of over 1,500, including some of the foremost scientists, expert investigators, deep thinkers and scholarly writers of the world.) It gives photo-engravings of sixteen different sittings by fifteen different persons, from four different photographers, and some of the cases under most crucial and exacting test conditions by special committees or expert investigators. A total of thirty-four discarnate faces occur on these plates, and twenty-five of them are recognized and vouched for by surviving friends. In four cases the face or "etheric double" of a living person not present appeared on the plates—a phenomenon new to science. (Later, August 5, the author has secured another, a fifth case of this kind.) In one case a collision on the Southern Pacific Railroad was thus phenomenally photographed in presence of the two colliding engineers, four months before the accident occurred—the first instance of its kind known in the world.

The author has also compiled all the most pertinent extracts from every writer of scientific repute who has written anything on spirit photography; and the theories attempting to explain it are given. Likewise, other valuable scientific matter pertaining to psychical research, and a list of thirty high rank universities and colleges where psychic phenomena are now recognized and studied as acquired facts in the domain of science, or natural law. The book is for sale at this office.



UNSEEN FORCES AND HOW TO USE THEM. By Rev. S. R. Maxwell. The Franklin Printing & Publishing Company, Atlanta, Ga. Cloth, 8vo., 354 pp; price, \$2.00; for sale by the author, 1531 Belt avenue, Baltimore, Md. Contents: "From Without to the Within"—A Sketch of Human Progress; Theories examined; (1) Christian Science; (2) Materialism; The Visible, a creation of the Invisible and the Medium of its Expression; Forces in the Universe and in Man—God—The Ego—

Thought-force—Nerve-force; The Conscious Brain the Spiritual Man's Instrument in the Visible Realm; The Subconscious Brain the Spiritual Man's Instrument in the Invisible Realm; The Subconscious Brain—continued; The Law of Thought-projection; The Central Law of Cure; The Law of Character-building.

This book is really a practical exposition of the New Psychology. It covers the entire field of therapeutics, character-building, success, health, etc. The author understands thoroughly the Law of Suggestion and its infinite ramifications. He demolishes the theories of Christian Science and all forms of drug healing and shows the cause and cure of disease. He discusses psychical diseases; he explains relic cures, faith cures, etc., and tells how such 'isms as Mormonism and Dowieism, etc., arise. He gives directions for those seeking health; he tells how to build character; how to convert adverse suggestions and to preserve mental poise. The author has studied every phase of psychical subjects and gives considerable space to the powers and offices of the subjective mind. The book will be read with interest by all students of the New Psychology. It is warmly recommended to the readers of SUGGESTION, and some extracts from the book may appear in the next issue. It is such books as this that are leading the minds of the masses away from the dark superstitions of the past, away from ignorance, fear and disease, and that are teaching that there is inherent power in man sufficient to bring peace, health, prosperity, wisdom and happiness to the nations on this earth, now.

Experiences.

THOUGHT SHE SAW A YOGI.

The October number of SUGGESTION, for which I made request, is just at hand. Thanks. I opened it and faced the department for experiences. At once two of the many I have had came prominently to mind.

I think it was about September last that I purchased the Yogi Science of Breath, and that evening began to look it over. It was quite new to me and before I retired, which was about twelve o'clock, I had tried about every exercise but one. That one I took up after I had retired—the breathing through the bones. I had finished that and turned over with "now I shall go to sleep," when instantly I saw a window open at the foot of my bed, and a man put his head and shoulders in and said "good night." He gave his head a little toss, which said, "your intonation could be greatly improved." Again he said "good night" and moved away. His head was large, round and full and with no hair on it. I was as much awake as I am at present. I thought I had seen a Yogi.

Again, a few days later I had what seemed an attainment presented to me. I saw myself standing beside my treating chair, and a patient in it. I looked different from what I do. A few days later I wrote to Henry Rice, not in regard to that, but just because I had intended to write and was ready. I did not mention the matter to him at all. He answered first and foremost, "your aura indicates that you are on the even of a very great development." A few days later I was suddenly taken in hand and it seemed to me that I was held and moved as the

planets are. I had perfect poise and was instructed in every little detail. That passed away in about twelve days but seemed to have strengthened me immediately. As it passed away I had another view of myself, which I have not yet attained. The above has all been spiritually seen.

ELIZABETH WOLVERTON.

Allegheny, Pa.

P. S.—I have discovered that when I am in great unrest that if I say very emphatically, "Be quiet," I am at once quiet.

E. W.

"Wonderful(?) Vibration Treatment."

EDITOR SUGGESTION:

Dear Sir—I have just read a pamphlet entitled "Divine Healing." In next to the last chapter the author states that he has a wonderful vibration treatment which was known to the ancient Hindos thousands of years ago, and which will so charge one with electricity that they will be immune to all evils, etc. Now, I suppose that you are familiar with all such good things as this, and I ask to know if there is anything in the treatment that is not explained by suggestion. If the treatment is an ancient one and not private property, please publish it in SUGGESTION. Fraternally yours,
Spring City, Tenn.

J. MILO THOMPSON.

QUERY—ANSWER.

Regarding a "wonderful vibration treatment which was known to the ancients," etc., I am sorry to say that it is all nonsense. All such offers are nonsense. Nothing of the kind ever existed. The only way to become "charged" with "electricity" is to live right, and to think right. No one can pump health into us or manufacture "vibrations" for us. Everyone has the power to become strong, active, fearless, free and successful—in a word, "magnetic."

Suggestion and auto-suggestion are necessary to health, and if anyone buys any "ancient, mysterious secret," he buys only some "auto-suggestion." He buys a gold brick. "As a man thinketh in his heart, so is he."

This quotation embraces the essence of all systems of success, vibrations, etc. True, many will buy this wonderful secret; follow the directions and improve financially or physically. Similar procedure will remove a wart or a sty. The power of suggestion is almost beyond belief, and many discover results, but being ignorant, fail to see the simple law behind all these effects. So the most fantastic theories are evolved Christian Science down to some "ancient mysterious secret." Savages see the same results and say the devil is responsible. We find an explanation in these things to suit our intelligence, comprehension, mode of thought, discernment, education, beliefs, religion, and intellectual capacity.

E. E. C.

Conditions for the Cure of Tuberculosis.

EDITOR SUGGESTION, Chicago, Ill.

My Dear Sir.—I have noticed with much interest the case of Otto Nater, cured of tuberculosis. Let me say that I am an agnostic. This, however, does not prevent my believing in cures being performed by Christian Science, or any other suggestive method. It has been for some years my belief that tuberculosis could be cured by suggestion. I took one patient, whose case had been pronounced tuberculosis by physicians; he got well under my advice, and now they say, "He never had tuberculosis, only imagined he had." That is all right, but I can do it again. The people who imagine they have tuberculosis reach the grave if the imagination is not cured, so it is all the same.

Now, there is one thing to be considered in mental cures. I take it mental cures are to be made through the patient's mind. The mind of the operator can only effect the patient through the patient's mind. Only a full action of the mental faculty can take place where physical circumstances conduce. Much must depend on to what extent the effect of the disease has reached the patient's mind, or, in reality, the brain. So long as the action of the brain is strong and the brain healthy, all can be accomplished. Physical conditions outside the patient must conspire, climatical conditions must be favorable.

The particles of which we are composed are continually becoming effete, they are removed and replaced by new. We must use about our own weight of material in the form of food, water and air every forty days. In the same time the same weight of material must be carried off as effete. How far can the mind of the individual influence this change? We are only ourselves now, within the next forty days we have changed. The waste is made up by the supply; we must command that supply; it is a case of mind over matter. The universe is made of matter and force; the brain can not act without consuming a portion of its material, which must be replaced, or the brain dies. In many ways we are vegetables; like them we are largely what we are* from environment.

First, then, let the tuberculosis patient commence before the action of the brain is affected, have climatic conditions favorable; let them be as far as possible removed from environments suggesting disease, then let them have strong suggestive treatment and of course they will get well, and find "they only imagined they had consumption."

A climate favorable to the cure of tuberculosis is, first, a location where the vegetable life is in excess; this takes them away from cities—"From the busy haunts of men"—low humidity and a mild but fluctuating temperature. For any disease a place where it is the least prevalent is best for its cure. Yellow fever is a terror in low altitudes, but can not exist in high altitudes.

The effort of nature is toward a cure. Assist nature by mental action, but use all favorable conditions. We can not resist nature, but can have her assist us. Still, we came into the world without our knowledge, we are departing from it against our will; we are atoms of the universe, like the particles of which we are composed—we become effete, the unpitiful grave awaits us.

Yours truly,

JOHN GARDINER.

TUCSON, ARIZ.

HYGIENE

THIS department will prove valuable to the thoughtful reader. Only items containing practical and rational ideas will be inserted, and while the Editor does not necessarily endorse all the opinions given, still the intelligent investigator will prove all things and hold fast to the good. Only by thinking, studying, comparing and testing can any real advance in hygienic knowledge be obtained. If satisfactory results follow the use of any suggestions made in this department we will be pleased to hear of them.—EDITOR.

Fake Consumption Cures.

Not long since, the "Plain Talks with Our Doctor" department of this paper received a letter inquiring whether the proprietors of a certain consumption cure, located in New York, with branches in Boston, Washington, and other cities, were reliable, and whether a patient who engaged treatment with the concern would be likely to receive honest treatment. Our doctor replied that he knew nothing in particular of the concern mentioned, but that one thing was evident concerning their advertising methods, namely, that they claimed too much. It is always well to be suspicious of medical advisers who promise everything, whether they do it by word of mouth, or through printed circulars.

Since this letter was answered, Dr. S. A. Knopf, in an article published by the tuberculosis committee of the charity organizations of New York, relates an instance of the unscrupulous way in which this same concern attempted to procure a certificate of cure, with the idea of publishing it as a bait to draw other victims.

He says: "A poor woman in the last stages of consumption came to me seeking advice. When asked for the name of her former medical attendant she confessed that she had been treated for a number of weeks by a quack concern, and now, her means being exhausted, she was made to understand that they would not continue to treat her unless she would give them a certified testimonial that she had been thoroughly cured of her disease, which had been pronounced an advanced case of consumption by prominent physicians. This poor sufferer had not derived any benefit whatsoever from the treatment, and as a result her conscience would not permit her to become a party to such a fraudulent procedure.

Some of these unscrupulous concerns resort to absolute fraud to beguile the public by using the name of the great scientist and benefactor, Prof. Robert Koch, of Berlin, as though he were associated with them in their business and treatment. They advertise his pictures beside that of an individual with a similar name, and are heading their advertisements as "Professor Robert Koch's Cure." While the medical profession at large was, of course, aware of this evident fraud, the public did not seem to be, and in order to be able to give an official denial of any such connection, a member of the committee on the prevention of tuberculosis of the Charity Organization Society of New York City wrote to Prof. Robert Koch, of Berlin, Germany.

The professor's answer was a lengthy one and full of indignation, and I will give you only the substance of it. He says that the alleged "lung cure" of Dr. Edward Koch, under whatever name this system of treatment may be presented to the American public, is a very base fraud, and that he, Geheimrath Professor Dr. Robert Koch, has no relation whatsoever with Dr. Edward Koch, with any other individual who may be connected with this concern, nor with any of its methods of treatment; neither has he ever had any relations with the same. He hopes that the committee on the prevention of tuberculosis may be successful in putting an

end to this base and fraudulent concern. This is to be particularly desired in the interest of the many poor consumptives who have been deceived by the use of his name in connection with the so-called Koch's Consumption and Asthma cure.

There are numerous other concerns which put their secret consumption remedies on the market and resort to all sorts of illegitimate means to make people believe that their "cures" are endorsed by the profession. Some claim to have the endorsement of the British Congress on tuberculosis, others to be members of that congress; some even resort to most cunning means to make it appear that members of the tuberculosis committee of the New York Charity Organization Society endorse their treatment. These remedies, when not harmful concoctions, are sometimes commonplace medicines prescribed daily by the profession. One firm puts up the prescription for a tonic given by a certain Vienna physician, a former assistant to a polyclinic (dispensary). The drug firm calls this doctor "the great Vienna Professor."—*The Healthy Home*.

Dangers of Obesity.

A brief examination of vital statistics or even the knowledge gained from every day observation, must convince the physician that the conditions co-existent with obesity are incompatible with longevity. So many are the cases of sudden death witnessed in a given community, or which are read of in the metropolitan journals, which have selected the fat man as the victim, that it is no longer surprising that the "taking on of flesh" should be considered in the light of a misfortune by the general public. The physician knows, as the result of autopsical findings, that death may occur in these, *without warning*, from syncope due to oppression of the heart by the weight of its fatty burden, but often still from degeneration in the vascular system—the most common catastrophes of this character being caused by breach of the cardiac walls, or rupture of a cerebral artery.—*Uric Acid Monthly*.

Overeating in Old Age.

In a paper read before the British Medical Association, Dr. Keyworth dealt with the ailments of old age. It is certain, he said, that they are largely due to more food being taken than the eliminating organs can get rid of, and a reduction in the amount of food should always be made as maturity glides into senility. If an old man has a good appetite and can digest well, let him have his usual three light meals a day; but as a rule, the healthiest old people are the spare eaters. Brain workers can enjoy a fair degree of health by living on light food which does not require much force to digest or much muscular activity to assimilate. On a diet of well-made bread in variety, vegetables and fruits, with a fair quantity of eggs and milk, very little animal food, many disorders of old age may be avoided and life prolonged. Indigestion denotes not a disease, but an admonition; it means that the individual thus admonished is not taking appropriate food. For inactive and aged persons three-fourths of the nutriment matters consumed should be derived from vegetable, cereal and milk produce, and one-fourth only from the animal kingdom, and many men of sixty and upward corroborate this statement. The lecturer concluded: A word about exercise. Long livers have usually been early risers and good walkers. Nothing so effectually promotes the more equable distribution of the blood and averts the constant tendency to local congestion in the brain or abdomen as walking exercise.—*Exchange*.